

Curriculum Vitae

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Evan M. Forman, Ph.D.

Office Address

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Education

1988-1992, B.A., with Distinction in All Subjects, Cornell University (Psychology), Ithaca, NY

1990-1991, Joint Program in Honours Psychology and Social Anthropology, University of St. Andrews, St. Andrews, Scotland

1994-1997, M.A., with Distinction, Department of Clinical and Social Sciences in Psychology, University of Rochester (Clinical Psychology), Rochester, NY

1997-1999, Ph.D., Department of Clinical and Social Sciences in Psychology, University of Rochester (Clinical Psychology), Rochester, NY

Postgraduate Training and Fellowship Appointments:

2001-2002, Postdoctoral Fellowship, University of Pennsylvania (Psychopathology Research Unit, Department of Psychiatry), Philadelphia, PA

2001-2002, Clinical Associateship, Beck Institute for Cognitive Therapy and Research, Bala Cynwyd, PA

2000-2001, Postdoctoral Fellowship, Harvard University Medical School (Cambridge Hospital), Cambridge, MA

1999-2000, Internship, Albert Einstein College of Medicine (Montefiore Medical Center), Bronx, NY

Faculty Appointments

2026 - present, Ellen M. & Dale W. Garber Professor of Family and Community Medicine, Sidney Kimmel Medical College at Thomas Jefferson University

2025 - present, Senior Scientist, Oregon Research Institute, Springfield, OR

2014 - 2026, Professor, Department of Psychological and Brain Sciences, Drexel University, Philadelphia, PA

2008 - 2014, Associate Professor, Department of Psychology, Drexel University, Philadelphia, PA

2002 - 2008, Assistant Professor, Department of Psychology, Drexel University, Philadelphia, PA

Administrative Appointments

2026 - present, Executive Director, Primary Care Research Center, Sidney Kimmel Medical College at Thomas Jefferson University

2026 - present, Vice Chair of Research, Department of Family and Community Medicine, Sidney Kimmel Medical College at Thomas Jefferson University

2017 - 2025, Director, Center for Weight, Eating and Lifestyle Science (WELL Center), Drexel University, Philadelphia, PA

2012 - 2016, Director of Graduate Training, Department of Psychology, Drexel University, Philadelphia, PA

2008 - 2012, Director of Clinical Training, Ph.D. Program in Clinical Psychology, Department of Psychology, Drexel University, Philadelphia, PA

2004 - 2008, Coordinator, Practicum Training, Clinical Psychology Program, Drexel University, Philadelphia, PA

2002 - 2008, Associate Director, Student Counseling Center (Hahnemann Campus), Department of Psychology and Office of Student Life, Drexel University, Philadelphia, PA

Professional / Industry Roles

2024 - present, Co-founder and Chief Technology Officer, TheraClosure, Bethesda, MD

2021 - 2023, Consultant, Miriam Hospital/Brown University Medical School (Just-in-Time Adaptive Intervention to Improve Dietary Adherence in Behavioral Obesity Treatment: A Micro-Randomized Trial)

2018 - 2022, Scientific Advisory Board, Tivity/Nutrisystem, Franklin, TN and Fort Washington, PA

2018 - 2022, Grant Writing Consultant, University of Texas (Grant Seekers Program), San Antonio, TX

2016 - 2021, Chief Scientific Officer, 2Morrow, Inc, Kirkland, WA

2015 - 2020, Chief Scientific Officer, Daylan Digital, Malvern, PA

2017 - 2020, Consultant, Fred Hutchinson Cancer Center (Mobile health ACT intervention), Seattle, WA

2018 - 2019, Scientific Advisory Board, Cercacor Laboratories, Irvine, CA

2015 - 2019, Consultant, Oklahoma State University (Cognitive and Self-regulatory Mechanisms of Obesity Study), Stillwater, OK

2016 - 2017, Outside Expert/Opponent, University of Jyväskylä, Finland

2015 - 2016, Consultant, Fred Hutchinson Cancer Center (CalorieCoach project), Seattle, WA

2012 - 2014, Scientific Advisory Board, Medifast, Baltimore, MD

2004 - 2004, Consultant, Devereux Kanner Center (Adolescent Residential Treatment Facility), West Chester, PA

2004 - 2004, Consultant, Society for the Interaction of Animals and Humans, University of Pennsylvania, Philadelphia, PA

1998 - 1999, Consultant, Residential Life, University of Rochester, Rochester, NY

1996 - 1997, Consultant, Enhanced Childhood Competency Project, Rochester, NY

1996 - 1997, Consultant, Primary Mental Health Project, Rochester, NY

Licensure

2002 - present, Psychologist, Pennsylvania (PS 015133)

2024 - present, PsyPACT (Mobility Number: 16271)

Awards, Honors, and Membership in Honorary Societies

2023, Distinguished Mentorship Award, Society of Behavioral Medicine, Obesity and Eating Disorders SIG

2016, Fellow, The Obesity Society (Professional Recognition)

2016, Provost's Award for Outstanding Mid-Career Scholarly Achievement, Drexel University

2016, Outstanding Mentor Award, Association for Behavioral and Cognitive Therapies

2015, Fellow, Association for Behavioral and Cognitive Therapies (Professional Recognition)

2011, Louis and Bessie Stein Family Fellowship for Exchanges with Israeli Universities

2009, Mentor of the Year Award, Drexel University; High Commendation

2009, Stein Family Fellowship for Exchanges with Israeli Universities (Co-recipient)

2008, International Travel Award, Office of International Programs, Drexel University

2007, Antelo Devereux Award for Young Faculty for Demonstrating Exceptional Potential in Research, Drexel University

2007, Allan Rothwarf Award for Teaching Excellence, Drexel University (Nomination)

1997, M.A. with Distinction, University of Rochester (Academic Honor)

1992, B.A. with Distinction in All Subjects, Cornell University (Academic Honor)

1992, Dean's List Award, Cornell University

1991, Psi Chi, Psychology Honors Society, Cornell University

1990, Study Abroad Grant, Cornell University

1989, Dean's List Award, Cornell University

1988, Dean's List Award, Cornell University

1988, Dean's Scholars Award, Honors Program, and Scholarship, Cornell University

1988, John & Charlotte Reamer Memorial Scholarship, Cornell University

1988, Guggenheim Scholarship, Central High School

Memberships in Professional, Scholarly, or Scientific Societies

American Psychological Association, Division 12 (Chair, Committee on Science and Practice, 2014-2015)

Association for Behavioral and Cognitive Therapies (Board Member, Mindfulness and Acceptance Special Interest Group, 2012-2015)

Association for Contextual Behavioral Science (Founding Member)

Eating Disorders Research Society

Philadelphia Behavioral Therapy Association (President, 2005-2008)

Society for Behavioral Medicine (Fellow, 202

Society for a Science of Clinical Psychology

The Obesity Society (Councilor, mHealth/eHealth section, 2008-2012)

Scientific Committees/Reviewer Roles

Ad Hoc Study Section Reviewer, National Science Foundation (NSF), SBIR/STTR (Small Business Innovation Research, Small Business Technology Transfer) program

Ad Hoc Study Section Reviewer, National Institutes of Health (NIH), Lifestyle Change and Behavioral Health (LCBH)

Ad Hoc Study Section Reviewer, National Institutes of Health (NIH), Clinical Informatics and Digital Health (CIDH)

Ad Hoc Study Section Reviewer, National Institutes of Health (NIH), Small Business Innovation Research (SBIR) /Small Business Technology Transfer (STTR) Section

Ad Hoc Study Section Reviewer, National Institutes of Health (NIH), Intensive Longitudinal Analysis of Health Behaviors: Leveraging New Technologies to Understand Health Behaviors RFA Section

Ad Hoc Study Section Reviewer, National Institutes of Health (NIH), National Institute of Mental Health (NIMH) Fellowships and Dissertation Grants Section

Ad Hoc Study Section Reviewer, National Institutes of Health (NIH), Health Disparities Section

Ad Hoc Study Section Reviewer, Novo Nordisk Interdisciplinary Synergy Programme, Hellerup, Denmark

Study Section Reviewer, King Baudouin Foundation, Fund For Research in Psychiatry, Belgium

Study Section Reviewer, Israel Science Foundation - Individual Research Grants

Study Section Reviewer, Clinical Translational Research Initiative, Drexel University

Journal Reviewer Positions

Ad Hoc Reviewer, *Obesity*

Ad Hoc Reviewer, *Journal of Clinical and Translational Science*

Ad Hoc Reviewer, *Contemporary Clinical Trials*

Ad Hoc Reviewer, *Appetite*

Ad Hoc Reviewer, *Journal of Consulting and Clinical Psychology*

Ad Hoc Reviewer, *Obesity Reviews*

Ad Hoc Reviewer, *Translational Behavioral Medicine*

Ad Hoc Reviewer, *Cognitive and Behavioral Practice*

Ad Hoc Reviewer, *Cognitive Therapy and Research*

Ad Hoc Reviewer, *Behaviour Research and Therapy*

Ad Hoc Reviewer, *Health Psychology*

Editorial Positions

Managing Editor, American Psychological Association Division 12 Empirically Supported Treatment List/Website (<https://societyofclinicalpsychology.org/resources/psychological-treatments/>)

Teaching Roles

Theories and Practice in Clinical Psychology (Drexel University)

Research Methods (Wheelock College)

Abnormal Psychology (Drexel University; University of Rochester)

Advanced Cognitive-Behavioral Therapy (Drexel University)

Psychotherapy Theories (Drexel University)

Principles of Psychotherapy (Drexel University)

Clinical Practicum Seminar (Drexel University)

Clinical Practicum Fieldwork (Drexel University)

Course / Program Development

Advanced Cognitive-Behavioral Therapy (Drexel University)

Psychotherapy Theories (Drexel University)

Principles of Psychotherapy (Drexel University)

Advising / Mentoring

Note: * = Secondary mentor

<u>Type</u>	<u>Mentee Name</u>	<u>Departure</u>	<u>Thesis; Dissertation</u>	<u>Positions Since Departure</u>
Postdoctoral Fellow	Christina Hopkins	2023	N/A	Licensed Psychologist, Main Line Therapy and Psychological Services
Postdoctoral Fellow	Charlotte Hagerman	2022	N/A	Assistant Professor, Drexel University; Research Scientist, Oregon Research Institute
Postdoctoral Fellow	Margaret Sala	2021	N/A	Assistant Professor, Yeshiva University
Postdoctoral fellow; PhD Student	Adrienne Juarascio	2014; 2012	Acceptance and Commitment Therapy as a Novel Treatment for Eating Disorders: An Initial Test of Efficacy and Mediation	Assistant Professor, Drexel University (NIH K23, R34, R01 and R43 recipient)
Postdoctoral fellow; PhD Student	Stephanie Manasse	2018	An Investigation of the Neurocognitive Profile of Binge Eating Disorder; Novel Measurement of Affective Distress Intolerance: Behavioral Paradigm Development and Ecological Momentary Assessment in Individuals with Binge Eating	Assistant Professor; Drexel University (NIH K23, R34 recipient)
PhD Student	*Brandon Gaudiano	2004	Acceptance and commitment therapy for psychiatric inpatients with psychotic symptoms	Brown University Internship Program; Brown University Postdoctoral Fellowship;

PhD Student	*LeAnn Cardaciotto	2004	Assessing Mindfulness: The Development of a Bi-Dimensional Measure of Awareness and Acceptance	Brown University Faculty Long Island Medical Center Internship; University of Delaware Fellowship; LaSalle University Faculty
PhD Student	*Kristy Dalrymple	2005	Acceptance and Commitment Therapy for Generalized Social Anxiety Disorder: A Pilot Study	SUNY Upstate Medical University Internship; Brown University Postdoctoral Fellowship; Brown University Faculty
PhD Student	*Heather Murray	2005	The impact of brief acceptance-based versus control-based interventions on distress tolerance in early lapsing nicotine dependent individuals	Brown University Internship; Brown University Postdoctoral Fellowship; Boston University Faculty
PhD Student	Peter Yeomans	2007	Rumination Derails Learning about Potentially Reinforcing Cues; The Effect of Posttraumatic Stress Disorder psychoeducation on the nature and severity of traumatic stress symptoms in a Burundian sample	San Francisco VA Internship; San Francisco VA Postdoctoral Fellowship; Philadelphia VA Faculty
PhD Student	Kathleen McGrath	2008	Validation of the Drexel University ACT/CBT Adherence and Competence Rating Scale; A Comparison of ACT- and CT-based Exposure Therapy for Blood and Injection Phobia	Univ of MD Internship; VA Maine Postdoctoral Fellowship; Staff Psychologist, VA Maryland Health Care System
PhD Student	*Ethan Moitra	2008	Avoidance and Depression among Socially Anxious Adults; Acceptance-based intervention to promote HIV medication adherence	West Virginia University Medical Center Internship; Brown University Postdoctoral Fellowship; Brown University Faculty
PhD Student	Kimberly Hoffman	2008	Acceptance-based Behavioral Treatment for Weight Loss: A Pilot Study; Comparison of acceptance-based and standard cognitive-based coping strategies for craving sweets in overweight and obese women	University of Pennsylvania Internship; University of Pennsylvania Postdoctoral Fellowship; Eating disorders and obesity interventionist in private practice
PhD Student	*Erica England	2009	Use of the Implicit Relational Assessment Procedure to Assess Cognitive Defusion and Psychological Functioning; Exposure with acceptance-based versus habituation-based rationale for public speaking anxiety	Maine VA Internship; Maine VA Postdoctoral Fellowship; Maine VA Faculty

PhD Student	*Erica Yuen	2010	The Impact of Personality Traits on Client Preference for Acceptance and Commitment Therapy versus Cognitive Therapy; Acceptance-Based Behavior Therapy for Social Anxiety Disorder Using Videoconferencing	Medical University of South Carolina Internship; MUSC Postdoctoral Fellowship; University of Tampa Faculty
PhD Student	Elizabeth Goetter	2011	An empirical investigation of depressive rumination: implications for cognitive flexibility, problem solving and depression; Standard versus Acceptance-Based Exposure and Ritual Prevention for Obsessive Compulsive Disorder Using Videoconferencing	San Diego State University/San Diego VA Internship; Massachusetts General Hospital Postdoctoral Fellowship; Assistant Professor, Dept of Psychiatry, Harvard Medical School; Associate Professor and Director, LaSalle University PsyD Program
PhD Student	*Stephanie Rabin	2012	Testing an alternative hypothesis for cognitive bias modification for public speaking anxiety; The Interaction of Therapist Experiential Avoidance and Extraneous Clinical Information in Predicting Therapist Preference for Exposure Treatment for OCD	Minneapolis VA Internship; Center for Emotional Health Postdoctoral Fellowship; Psychologist at Center for Emotional Health Postdoctoral Fellowship
PhD Student	Lisa Glassman	2013	The Effects of a Brief Acceptance-based Behavior Therapy vs. Traditional Cognitive Behavior Therapy for Public Speaking Anxiety: Differential Effects on Performance and Verbal Working Memory	San Diego State University/San Diego VA Internship; San Diego VA Center of Excellence for Stress and Mental Health Postdoctoral Fellowship; Faculty, Naval Health Research Center
PhD Student	Lauren Bradley	2014	An Acceptance-Based Intervention to Minimize Weight Regain after Bariatric Surgery; A Remote, Acceptance-Based Intervention for Weight Regain After Bariatric Surgery	Rush University Medical Center Internship; Rush Univ Assistant Professor and Director of Clinical Psychology Internship
PhD Student	Jena Shaw	2014	The Effect of Evaluative Conditioning on Implicit Attitudes and Consumption of Sugar-Sweetened Soft Drinks	Geisinger Medical Center Internship; Univ of Pennsylvania Assistant Clinical Professor (NIH K23 recipient)
PhD Student	*Marina Gershkovich	2014	The Development and Preliminary Evaluation of an Internet-Based Self-help Intervention for Social Anxiety Disorder with Videoconferencing Therapist	Boston Consortium Internship; Postdoctoral Clinical Researcher Anxiety Disorders Clinic and the Center for OCD

			Support; A Randomized Trial of an Internet-Based Self-Help Intervention for Social Anxiety Disorder with and without Therapist Support	and Related Disorders, Columbia University
PhD Student; Undergraduate	Stephanie Goldstein	2018; 2013	A Preliminary Investigation of a Personalized Risk Alert System for Weight Control Lapses; Comparing Effectiveness and User Behaviors of Two Versions of a Just-In-Time Adaptive Weight Loss Smartphone App	Brown University Internship; Brown University Postdoctoral Fellowship (NIH F32, R01 recipient)
PhD Student	*Joanna Kaye	2019	Relative Effects of Goal-Setting, Values plus Goal-Setting, and Information Provision on the Adjustment of College Freshmen; Targeting Therapists' Experiential Avoidance During Exposure Delivery: An Experimental Investigation to Improve the Quality of Exposure-based Interventions	VA San Diego Internship; VA San Diego Clinical Psychology Postdoctoral Fellowship; Founder and Psychologist, Anxiety, Trauma, and OCD Center of San Diego
PhD Student	Peter Hitchcock	2019	Self-affirmation, Mindfulness, and Health Messages; Rumination Derails Learning about Potentially Reinforcing Cues	VA San Diego Internship; Brown University Postdoctoral Fellowship (Cognitive, Linguistic and Psychological Services); NIH F32 Fellowship; Assistant Professor, Department of Psychology, Emory University
PhD Student	Brittney Evans	2020	A Meta-Analysis Comparing Weight Loss Outcomes Between Overweight Participants with and without Binge Eating Disorder in Behavioral Weight Loss Treatment Programs; A Pilot Study Examining Initial Acceptability and Feasibility of a Remote Coaching Intervention to Improve Parenting Skills in Parents of Children with Overweight and Obesity	Children's Hospital of Philadelphia Internship; Postdoctoral Fellowship at Chicago Psychotherapy Associates; Psychologist at Boston Child Study Center-- Maine
PhD Student	Rebecca Crochiere	2022	Integrating Sensor Technology and Machine Learning to Target Dietary Lapses; The Intraday Relation Between Physical Activity and Dietary Intake Among Behavioral Weight Loss Participants	Boston VA Medical Center Internship; Assistant Professor, Williams College
PhD Student	Diane Dallal	2022	Clarifying the Role of Values in Weight Control: A Pilot Study of a Values-Based Intervention to Promote Weight Loss;	Palo Alto VA Medical Center Internship; Postdoctoral Fellow, Center for the

			Understanding Reward Compensation: A Multimodal Investigation into the Role of Reward Deficit in Obesity and Consumption of High-Reward Foods	Treatment and Study of Anxiety, University of Pennsylvania
PhD Student	Christina Chwyl	2024	Beyond Calorie Tracking: Evaluating a Remotely Delivered Behavioral Intervention Using an Ad Libitum Plant-Based Diet; Beyond Calorie Tracking: Evaluating a Low-Intensity Behavioral Weight Loss Intervention Using an Ad Libitum Plant-Based Diet versus a Balanced Calorie Deficit Diet	Pacific Psychology and Comprehensive Health Clinics, Portland, OR, Intern, Postdoctoral Fellow
PhD Student	Michael Berry	2024	Evaluating Mechanisms of Action of Adaptive Goal-Setting for Physical Activity; A Randomized Pilot Trial of a Tailored, Reduced-Frequency Approach to Dietary Self-Monitoring for Weight Loss.	VA Maryland Health Care System/Univ of Maryland Intern, Postdoctoral Fellow
MS Student	*Lori Tuscon	2007	Examining Frontal Asymmetry in Social Anxiety Using Functional Near-Infrared Spectroscopy: A Pilot Study	Institutional Review Board Analyst, Children's Hospital of Philadelphia; Freelance Editor, Madrid, Spain
MS Student	Amanda Feinstein	2009	Acceptance as a moderator between pain and four aspects of functioning in adolescents with juvenile idiopathic arthritis	Georgia State Clinical Psychology PhD Program; Stanford University Postdoctoral Fellowship; Clinical Assistant Professor, Anesthesiology, Perioperative and Pain Medicine, Stanford University
MS Student	*Kara Blacker	2011	Differential Electroencephalography (EEG) Activity Exhibited in Acceptance and Control-based Pain Management Strategies	Temple University Neuroscience PhD Program; Johns Hopkins University Postdoctoral Fellow; Research Psychologist, Naval Medical Research Unit
MS Student	*Elizabeth Whipple	2012	The Development of a Driving Behavior Questionnaire for Veterans with Traumatic Brain Injury and Posttraumatic Stress Disorder	Drexel University Clinical Psychology PhD Program; US Navy Psychologist
MS Student	Christina Goodwin	2013	A Pilot Study Examining the Initial Effectiveness of Acceptance Based Behavior Therapy for Modifying Diet, Physical Activity Levels and Smoking Status in a Cardiac Population	Ohio State University PhD Program; VA Boston Postdoctoral Fellow; Psychologist, Cooper University Healthcare

MS Student	*Arwa Ibrahim	2014	A Mixed-Methods Analysis of Iraqi Refugees with Potential Trauma Histories	Clinical Project Manager, IQVIA Research
MS Student	Leah Schumacher	2014	Ecological Momentary Assessment of Responses to Dietary Lapses among Participants in a Weight Loss Program and Their Relation to Subsequent Outcomes	Drexel University Clinical Psychology PhD Program; Postdoctoral Research Fellow, Brown University; Assistant Professor, Department of Kinesiology, Temple University
MS Student	Hallie Espel	2015	A Prospective Investigation of Risk Factors for Weight Gain and Increases in Loss of Control Eating	Drexel University Clinical Psychology PhD Program; Postdoctoral Research Fellow, Brown University
MS Student	Caitlin Loyka	2019	Modifying Reactions to Dietary Lapses: Comparing Self-Compassion and Self-Accountability Interventions	La Salle University Clinical Psychology PsyD Program
MS Student	*Elizabeth Lampe	2020	Feasibility, Acceptability, and Preliminary Target Engagement of a Healthy PA Promotion Intervention for Bulimia Nervosa: Development and evaluation via case series design	Drexel University Clinical Psychology PhD Program
MS Student	*Sophie Abber	2021	Shifting to Task-Switching: Re-Evaluating Cognitive Flexibility in Bulimia Nervosa	Florida State University Clinical Psychology PhD Program
MS Student	Hannah Dart	2023	Comparing Differences in Social Media Advertisement Success in Enrolling Men into Weight Loss Programs	Clinical Research Coordinator, Nudge Unit, University of Pennsylvania
Undergraduate	Lily Brown	2010	Comparing Acceptance and Commitment Therapy Strategies to Cognitive Therapy Strategies in Reduction of Test Anxiety for Nursing Students	UCLA Learning & Behavior PhD Program, and Clinical Psychology PhD Program (NSF GRF-supported); Director, Center for the Treatment and Study of Anxiety, University of Pennsylvania
Undergraduate	Clare Mangubat	2021	The Relationship Between Implicit Preference for High-Calorie Foods and Dietary Lapse Types in a Behavioral Weight Loss Program	University of Pennsylvania Nursing B.S.N. Program
Undergraduate	Abigail Metzler	2022	How dietary knowledge and self-efficacy moderate the impact of SES on food purchasing decisions	Yale University Department of Psychiatry, POWER Program; East Carolina University PhD Program in Clinical Psychology

Undergraduate	Tetyana Yevdosyuk	2022	Attitudes and Practice of Meditation Among Participants in a Mindfulness-Based Weight Loss Program	UC Berkeley Masters of Public Health
Research Coordinator	Ami Belmont	2010	N/A	Haverford College Pre-Med Post-Baccalaureate Program; Brown Univ Medical School
Research Coordinator	Mackenzie Kelly	2011	N/A	University of Hawaii Clinical Psychology PhD Program; Psychologist, Rush University Medical Center Faculty
Research Coordinator	Drew Frohn	2014	N/A	Regional Technical Services, Counter Culture Coffee
Research Coordinator	Emily Wyckoff	2016	N/A	University of Connecticut Clinical Psychology PhD Program
Research Coordinator	Gerald Martin	2018	N/A	La Salle University Clinical Psychology PsyD Program
Research Coordinator	Danielle Moskow	2018	N/A	Boston University Clinical Psychology PhD Program
Research Coordinator	Priscilla Whang	2019	N/A	Technical Support Coordinator, Prevail Infoworks
Research Coordinator	Lauren Taylor	2022	N/A	Drexel University Clinical Psychology PhD Program
Research Coordinator	Olivia Horgan	2023	N/A	Project Manager, MovePlan
Research Coordinator	Zhuoran Huang	2024	N/A	Northeastern University Personal Health Informatics PhD program
Research Coordinator	Nikoo Karbassi	2024	N/A	Loyola University Clinical Psychology PhD program
Research Coordinator	Michael Onu	2024	N/A	Brown University, PhD Program in Behavioral and Social Health Sciences

Mentorship via NIH-funded Mentorship Awards

1. K01HL172254 Hagerman (PI) 2024 - 2029
Testing Just-In-Time Adaptive Interventions (JITAs) to Prevent Goal

Disengagement in Response to Weight Regain Following Behavioral Weight Loss Treatment

This project tests the feasibility, acceptability, and preliminary effectiveness of using just-in-time adaptive interventions (JITAs) that facilitate mindfulness, acceptance, and self-compassion to help participants respond more adaptively to small weight regains and ultimately, achieve better long-term weight control. If effective, these interventions can be used as an easily disseminable, low-cost supplement to behavioral weight loss treatment.

Funding agency: National Heart, Lung, and Blood Institute

Total Costs: \$667,541

2. K23AT012126 Sala (PI) 2023–2028
Digital Mindfulness Meditation-enhanced Cognitive Behavioral Therapy (CBT-MM) for Binge Eating Disorder
This project focuses on developing, refining, and testing the feasibility and acceptability of a novel digitally delivered, combined mindfulness meditation and cognitive behavioral therapy intervention for binge eating disorder.
Funding agency: National Center for Complementary & Integrative Health
Role: Primary Mentor
Total Costs: \$769,157
3. K23DK129825 LaFata (PI) 2022–2027
Biobehavioral Reward Responses Associated with Consumption of Nutritionally Diverse Ultra-Processed Foods
This study will systematically examine differences in the rewarding characteristics of and physiological and metabolic responses to ultra-processed foods that are high in fat, refined carbohydrates (like sugar), or both.
Funding agency: National Institutes of Health / National Institute of Diabetes and Digestive and Kidney Diseases
Role: Primary Mentor
Names of Co-Investigators: Forman, EM; Allison, KC; Audrain-McGovern, JE
Total Costs: \$720,080
4. K23KD124514 Manasse (PI) 2020–2025
Does Aberrant Decision-Making Prevent Success in Adolescent Behavioral Weight Loss Treatment?
The goal of this project is to evaluate whether aberrant decision-making processes (e.g., affect-driven, cognitive inflexibility, and delay discounting) drive engagement in problematic eating behaviors during weight management interventions.
Funding agency: National Institutes of Health / National Institute of Diabetes and Digestive and Kidney Diseases
Role: Primary Mentor
Total Costs: \$796,337
5. K23DK123398 Kanzler (PI) 2019-2024
Acceptance Based Coping (ABC) Skills Delivered by Promotores for Hispanic/Latino Patients with T2DM
The goal of this project is to develop and evaluate a paraprofessional-delivered, acceptance-based intervention for weight and diabetes control among Hispanic patients with Type 2 Diabetes
Role: Co-Mentor
Total Costs: \$172,728

6. K23DK116935 Tronieri (PI) 2019-2023
Improving Weight Loss in Early Non-responders to Behavioral Treatment
This study seeks to identify behavioral and biological phenotypes predictive of poor response to BT and test whether providing pharmacotherapy improves the induction of weight loss for participants who lose minimal weight with 4 weeks of BT alone.
Funding agency: National Institute for Diabetes and Digestive and Kidney Diseases
Role: Mentor
Total Costs: \$183,534
7. K25DK113242 Alshurafa (PI) 2018-2023
SenseWhy: Overeating in Obesity Through the Lens of Passive Sensing
One of the main goals of this project was to detect digital phenotypes of overeating using visual and mechanical sensing devices.
Funding agency: National Institute for Diabetes and Digestive and Kidney Diseases
Role: Co-Mentor
Other Co-Mentors: Bonnie Spring, Santosh Kumar, Robert Kushner, Linda Van Horn
Total Costs: \$166,481
8. K12 Gowey (PI) 2018-2020
Addressing healthcare disparities in pediatric obesity treatment: Development of a novel, patient-centered intervention targeting executive function
This project developed and evaluated a novel, multi-pronged intervention to reduce disparities in outcomes to pediatric obesity intervention.
Funding agency: Agency for Healthcare and Research Quality/University of Alabama at Birmingham
Role: Co-Mentor
Total Costs: \$218,014
9. K23 MH105680 Juarascio (PI) 2015-2020
Addressing Weight History to Improve Behavioral Treatments for Bulimia Nervosa
The focus of this study is the development and initial testing of a treatment approach (Nutritional Counseling And Acceptance-based Therapy, N-CAAT) that enhances existing CBT for BN by incorporating acceptance-based behavioral strategies and nutritional counseling.
Funding agency: National Institute of Mental Health
Role: Primary Mentor
Total Costs: \$619,664
10. K23MH102360 Kornfield (PI) 2014-2019
PTSD and Pregnancy: Psychophysiology, Response to Treatment & Pregnancy Outcome
This project aims to measure baseline autonomic response, as assessed by the acoustic startle response (ASR), in pregnant women with PTSD symptoms, pregnant women with trauma exposure and no PTSD symptoms, and non-traumatized controls. For women with partial and full symptoms of PTSD, a novel brief psychotherapy will be tested for the potential to reduce PTSD symptoms, and we will evaluate whether the treatment has an effect on the arousal rates as measured by the acoustic startle paradigm.
Funding agency: NIMH
Role: Co-Mentor
Total Costs: \$142,965
11. F31MH108279 Manasse (PI) 2017-2017
Novel assessment of affective distress intolerance in binge eating

The project aimed to test a behavioral paradigm to measure affective distress tolerance and test the hypothesis individuals with binge eating will demonstrate poorer affective distress tolerance than those without.

Funding agency: NIMH

Role: Mentor

Total Costs: \$40,070

Awards Won by Trainees

2024, Society of Behavioral Medicine (SBM) Digital Health SIG's Trainee Award for Outstanding Abstract, Z. Huang

2024, 2023-24 Spring Graduate Research Grant., Psi Chi Committee (\$1500), J.H. Sun

2024, Exceptional Graduate Student Award, Drexel University, Department of Psychology (\$500), C. Chwyl

2024, Exceptional Graduate Student Award, Drexel University, Department of Psychology (\$500), M. Berry

2023, WELL Center Exceptional Student Research Award (\$2,000), L.C. Taylor

2023, Drexel University Research Excellence Award, E.W. Lampe

2023, Teck-Kah Lim Graduate Student Domestic Travel Subsidy Award, E.W. Lampe

2023, WELL Center Exceptional Student Research Award, E.W. Lampe

2023, Psi Chi Graduate Student Research Award, E.W. Lampe

2023, Penn Radiation/Oncology Chair's Summer Research Award, E.W. Lampe

2023, WELL Center Student Travel Award, E.W. Lampe

2023, Teck-Kah Lim Graduate Student Domestic Travel Subsidy Award, C. Chwyl

2023, Society of Behavioral Medicine (SBM) Outstanding Dissertation Award, R. Crochiere

2022, Society of Behavioral Medicine (SBM) Physical Activity SIG Student Research Award (\$250), M. Berry

2023, Psi Chi Graduate Student Research Award, C. Chwyl

2022, Research Excellence Award, Drexel University, E. Lampe

2022, Outstanding Dissertation Award, Drexel University, R. Crochiere

2021, Association for Psychological Science (APS) Student Grant Competition (\$500), M. Berry

2021, Society of Behavioral Medicine (SBM) Excellence in Research Award; C. Chwyl

2021, Master's Thesis with Distinction, Drexel University, C. Chwyl

2021, Distinguished Student Award: Excellence in Research (\$500), Society of Behavioral Medicine, C. Chwyl

2021, WELL Center Meritorious Student Award (\$500), Drexel University, C. Chwyl

2021, Outstanding Mentorship Award (\$250), Drexel University, R. Crochiere

2021, WELL Center Meritorious Student Research Award, D.H. Dallal

2021, Psi Chi Honor Society, Spring Graduate Research Grant, D.H. Dallal

2021, Provost's Award for Best Oral Research Presentation, Drexel Emerging Graduate Scholars Conference (\$500), E.W. Lampe

2021, Millstein Family Undergraduate Research Grant; A. Metzler

2020, Association for Contextual Behavioral Science Student Spotlight Award; D. Dallal

2020, Psi Chi Graduate Research Grant; S. Abber

2020, Louis and Bessie Stein Family Fellowship for Exchanges with Israel Universities; S. Abber

2020, Teck-Kah Lim Graduate Student Domestic Travel Subsidy Award; C. Chwyl

2020, Society of Behavioral Medicine, Best Student Abstract Award, Obesity and Eating Disorders Special Interest Group; R. Crochiere

2020, Society of Behavioral Medicine Citation Abstract Award; R. Crochiere

2020, Society of Behavioral Medicine Meritorious Student Abstract Award; R. Crochiere

2019, NIMH F32 Postdoctoral Research Fellowship; P. Hitchcock

2019, Obesity and Eating Disorders Special Interest Group of the Association for Behavioral and Cognitive Therapies (ABCT) Graduate Student Research Award; R. Crochiere

2019, American Psychological Association of Graduate Students (APAGS) Psychological Science Research Grant; B. Evans

2019, Psi Chi Graduate Research Grant; R. Crochiere

2019, Meritorious Student Abstract Award, Society of Behavioral Medicine; R. Crochiere

2019, Society of Behavioral Medicine, Outstanding Student Abstract Award, Behavioral Informatics and Technology Group, R. Crochiere

2019, Society of Behavioral Medicine, Student Travel Scholarship Award, R. Crochiere

2018, Teck-Kah Lim Graduate Student Domestic Travel Subsidy Award, R. Crochiere

2018, NHLBI F32 Postdoctoral Research Fellowship; S. Goldstein

2018, Society of Behavioral Medicine Outstanding Optimization of Behavioral and Biobehavioral Interventions Research Award; S Goldstein

2018, Society of Behavioral Medicine, Meritorious Student Award, G. Martin

2018, Society of Behavioral Medicine, Obesity and Eating Disorders Special Interest Group Student Representative: R. Crochiere

2018, Drexel University, Department of Psychology, Exceptional Student Award; S. Goldstein

2018, Drexel University, College of Arts and Sciences, Research Excellence Award, Post-Candidacy; S. Goldstein

2018, Drexel University, College of Arts and Sciences, Outstanding Dissertation Award; S. Goldstein

2017, Society of Behavioral Medicine Outstanding Optimization of Behavioral Interventions Research Award; S. Goldstein

2017, Society of Behavioral Medicine Meritorious Student Award; G. Martin

2017 Society of Behavioral Medicine, Obesity and Eating Disorders Special Interest Group Graduate Student Abstract Award; C. Dochat

2016, Society of Behavioral Medicine, Technology Special Interest Group Student Award for Innovation; S. Goldstein

2016, Society of Behavioral Medicine Distinguished Student Travel Scholarship; S. Goldstein

2016, Academy of Eating Disorders Student Research Grant; S. Manasse

2016, Society of Behavioral Medicine Meritorious Student Award; E. Wyckoff

2016, NSF Graduate Research Fellowship Program (GRFP) – Honorable Mention; E. Wyckoff

2015, Obesity and Eating Disorders Special Interest Group of the Association for Behavioral and Cognitive Therapies (ABCT) Graduate Student Research Award; B. Evans

2015, National Institutes of Health National Service Research Award (F31); S. Manasse

2015, Graduate Student Excellence Award; S Manasse

2015, NSF Graduate Research Fellowship Program (GRFP) – Honorable Mention; S Goldstein

2015, Outstanding SSCP Student Teacher Award; J. Shaw

2014, Psi Chi Graduate Research Grant; H. Espel

2014, The Obesity Society, Early Career Investigator Award; S. Manasse

2014, APAGS/Psi Chi Junior Scientist Fellowship; S. Goldstein

2014, Obesity and Eating Disorders Special Interest Group of the Association for Behavioral and Cognitive Therapies (ABCT) Graduate Student Research Award; S. Manasse

2014, Obesity and Eating Disorders Special Interest Group of the Association for Behavioral and Cognitive Therapies (ABCT) Graduate Student Research Award; L. Schumacher

2014, National Institutes of Health National Service Research Award (F31); L. Bradley

2014, Society of Behavioral Medicine Meritorious Student Award; S. Manasse

2014, Psi Chi Graduate Research Grant; S. Manasse

2014, Adelaide M. Delluva Award / Philadelphia Chapter of the Association for Women in Science; S. Manasse

2013, Society for a Science of Clinical Psychology Dissertation Award; L. Bradley

2013, APAGS/Psi Chi Junior Scientist Fellowship; S Manasse

2013, Academy of Eating Disorders Early Career Scholarship; A. Juarascio

2013, American Psychological Association Theodore H. Blau Early Career Award for Distinguished Professional Contributions to Clinical Psychology; A. Juarascio

2012, Drexel Office of Undergraduate Research, Undergraduate Research Grant Award, A. Matteucci

2012, Psi Chi Undergraduate Research Grant; A. Matteucci

2012, Society for a Science of Clinical Psychology Dissertation Award; S. Rabin

2011, Academy for Eating Disorders Student Research Grant; A. Juarascio

2011, Philadelphia Behavior Therapy Association Poster Exhibition award; E. Goetter

2011, Philadelphia Behavior Therapy Association Poster Exhibition award; A. Juarascio

2011, Best Dissertation in the Social Sciences - High Commendation; E. Yuen

2011, College of Arts and Sciences Research Day – 2nd Place; S. Rabin
2011, Society for Applied Behavior Analysis Doctoral Dissertation Grant; A. Juarascio
2010, Best Dissertation, Social Sciences, Drexel University; K. Hoffman
2009, Most Outstanding Masters Student in the Social Sciences, Drexel University; K. Blacker
2009, Best Poster, Philadelphia Behavior Therapy Poster Exhibition; K. McGrath
2009, Best Poster, Philadelphia Behavior Therapy Poster Exhibition; E. Yuen
2009, 1st Prize (Cognitive Category), Fourth Annual Philadelphia Psi Chi Research Day; L. Goetter
2009, International Travel Award, Office of International Programs, Drexel University; A. Juarascio
2008, American Psychological Association Division 52 (International Psychology) Student International Research Award; P. Yeomans
2008, Most Promise in Enhancing Drexel's Reputation, Social Sciences; Drexel University; P. Yeomans
2008, Community Service Award, Pennsylvania Psychological Society; K. Hoffman
2008, Jack Kent Cooke Foundation scholarship; A. Johnson
2008, Best Undergraduate Poster (Humanities and Social Sciences); College of Arts & Sciences Research Day; L. Brown
2008, Best Graduate Poster; (Humanities and Social Sciences); College of Arts & Sciences Research Day; E. Yuen
2007, Dissertation Grant Award, Society for a Science of Clinical Psychology; P. Yeomans
2007, Applied Social Issues Dissertation Award, Society for the Psychological Study of Social Issues; P. Yeomans
2006, Diversity Dissertation Scholarship, American Psychological Association of Graduate Students; P. Yeomans
2006, Grant-in-Aid of Research Award, Sigma Xi; P. Yeomans
2006, Best Undergraduate Poster – College of Arts & Sciences, Drexel University Research Day; J. Zebell

Institutional Service

2026-present, Institutional Review Board, Oregon Research Institute
2019-2020, Committee for Tenure & Promotion; Drexel University Department of Psychology
2017-2024, Coordinator of the Wellness Program, Interventional Cardiology, Drexel University College of Medicine at Hahnemann University Hospital
2014-2016, Graduate Committee, College of Arts and Sciences (Past Chair)
2013-2014, Committee for Development of Psychology Training Clinic
2012-2013, Chair, Search Committee, Psychology Clinic Director
2012-2012, Strategic Plan, College of Arts and Sciences

2011-2011, Department Head Review, College of Arts and Sciences

2007-2017, Curriculum Committee, Department of Psychology

Invited Extramural Lectures

1. **Forman, E.M.** (2026, January). Integrating Principles of Acceptance and Commitment Therapy (ACT) Into Your Practice. Philadelphia Society of Clinical Psychologists/The Psychology Network Webinar. Virtual
2. Miller, R. & **Forman, E.** (2025, November). Professional Will Essentials: Ethical, Compassionate, Practical Solutions. Pennsylvania Psychological Association. Virtual.
3. **Forman, E.M.** (2024, May). *Using AI, Machine Learning and Gamification to Enhance the Reach, Scale, Engagement and Effectiveness of Behavioral Interventions*. B. F. Skinner Lecturer Address to the 2024 Annual Convention Association for Behavior Analysis International, Philadelphia, PA.
4. Newman, M. & **Forman, E.M.** (2023, December). *CBT First, Second, and Third Waves: Where Are We & Where Are We Going?* Invited talk presented at Society for Psychotherapy's Bergin and Garfield Handbook Webinar Series. Virtual.
5. **Forman, E.M.**, Graham A.K., Silfee, V., & Steinberg, D.M. (2022, December). *Considerations and Perspectives on Academic or Industry Careers*. Invited talk presented at Society of Behavioral Medicine's Webinar Series: Behavior Change Grand Rounds. Virtual.
6. **Forman, E.M.** (2022, October). *Use of Technology to Optimize Delivery and Success of Weight Loss Interventions: Implications for Men and Health Disparity Populations* in Use of Technology in Obesity Interventions with Health Disparity Populations. Invited talk presented at NHLBI Advancing Interventions for Adult Obesity to Promote Health Equity: State of the Science and Research Opportunities. Virtual.
7. **Forman, E.M.** (2022, November). *Food Temptations - Avoid, Resist, and/or Accept?*. Invited talk presented at ObesityWeek 2022 for The Obesity Society. San Diego, CA.
8. **Forman, E.M.** (2022, November). *Mind Over Matter - Cognitive Approaches to Obesity Treatment*. Invited talk presented at ObesityWeek 2022 for The Obesity Society. San Diego, CA.
9. **Forman, E.M.** (2021, December). *Using machine learning-powered just-in-time adaptive interventions to facilitate weight control*. Invited talk presented to the Mobile and Electronic Health Research Group (ME-ARC), Boston University. Virtual.
10. **Forman, E.M.** (2021, September). *Using EMA and Sensors to Predict and Prevent Dietary Lapse via Just-in-Time Adaptive Interventions*. Invited talk presented to EAT Lab, University of Louisville. Virtual.
11. **Forman, E. M.** (2021, February). *Harnessing AI for Obesity Treatment: Baby Steps*. Invited talk presented to University of Alabama at Birmingham Nutrition Obesity Research Center (NORC). Virtual.
12. **Forman, E. M.** (2020, May). *Acceptance-based behavioral treatment for obesity*. Invited talk presented to Obesity Medicine Association. Virtual, due to COVID-19.
13. **Forman, E. M.** (2019, June). *Promising behavioral and technological innovations for the treatment of obesity*. Invited talk presented at the American Society of Nutrition Annual Meeting. Baltimore, MD.

14. **Forman, E. M.** (2017, September). *Just-in- Time Adaptive Interventions*. Keynote talk presented at the 23rd Annual Meeting of the Eating Disorders Research Society. Leipzig, Germany.
15. Butryn, M. L., **Forman, E. M.** (2016, November). *Acceptance-based behavioral treatment for obesity: Development and outcomes*. Invited talk presented to the Center for Weight and Eating Disorders. University of Pennsylvania. Philadelphia, PA
16. **Forman, E. M.** (2016, May). *Improving Dietary Health and Reducing Cancer Risk through Computer-based Neurocognitive Training Games*. Invited talk presented at the Cancer Risk and Control Program Meeting, Thomas Jefferson University. Philadelphia, PA.
17. **Forman, E. M.** (2015, February). *Acceptance- and Mindfulness-Based Approaches to Cravings and Overeating*. Invited talk presented at the Angela Duckworth Lab, Positive Psychology Center, University of Pennsylvania. Philadelphia, PA.
18. **Forman, E. M.** (2014, November). *An Acceptance-Based Behavioral Approach to Weight Control: Theory, Technique and Outcomes*. Invited talk presented at Annual Meeting of the Obesity Society. Boston, MA.
19. **Forman, E. M.** (2014, March). *Acceptance-Based Behavioral Treatment for Obesity: Theory, Technique and Empirical Outcomes*. Invited talk presented at the Fred Hutchinson Cancer Center. Seattle, WA.
20. **Forman, E. M.** (2013, October). *Acceptance-based Behavioral Approaches to Weight Loss*. Invited talk presented to the Center for Weight and Eating Disorders. University of Pennsylvania. Philadelphia, PA
21. **Forman, E.M.** (2013, October). *Mindfulness and acceptance-based approaches to the treatment of obesity*. Invited talk presented to Psychiatry Grand Rounds, Drexel University College of Medicine. Philadelphia, PA
22. **Forman, E. M.** (2013, March). *Brief Technology-Related Preview: Outcomes from Mind Your Health I and II*. In *Behavioral Informatics Roundtable*. Invited talk presented at the annual meeting of the Society for Behavioral Medicine, San Francisco, CA.
23. **Forman, E. M.,** (2012, October). *Acceptance-based Behavior Therapies for Weight Control*. Invited talk presented to the Annual Meeting of the Scientific Review Board, Medifast, Baltimore, MD.
24. **Forman, E. M.,** Butryn, M. L., *Martin, L., *Bradley, L. (2012, March). *Weight Management and Acceptance-based Behavior Therapies: Mindful Developments*. Invited talk presented to the annual meeting of the Weight Management Practice Group of the Academy of Nutrition and Dietetics, Las Vegas, NV.
25. **Forman, E. M.** (2012, February). *Empirically-supported Treatment for Anxiety*. Invited talk presented to University of Pennsylvania Counseling and Psychological Services Internship Program. Philadelphia, PA.
26. **Forman, E. M.** (2012, January). *ACT, Standard CBT and Anxiety: Dissonance or Convergence?* Invited talk presented to LaSalle University Colloquium. Philadelphia, PA.
27. **Forman, E. M.** (2010, June). *New applications of acceptance-based behavior therapy: Health behaviors, depression and anxiety*. Invited talk presented to Hebrew University. Jerusalem, Israel.

28. **Forman**, E. M. (2010, June). *New applications of acceptance-based behavioral approaches: Theory, technique and outcomes*. Invited talk presented to Ben Gurion University. Beer-Sheva, Israel.
29. McGinn, L.K., Prinstein, M. & **Forman**, E.M. (2009, February). *Reaching consensus on minimal requirements for internship eligibility*. Invited paper presented at the Council of University Directors of Clinical Psychology Annual Meeting. Albuquerque, NM.
30. **Forman**, E.M. (2006, July). *Flaming listservs, rival theories and empirical data: The three-ACT story of whether Acceptance and Commitment Therapy is anything new or different*. Invited Address presented at the Second World Conference on ACT, RFT, and Contextual Behavioral Science, London, UK.

Intramural Lectures / Workshops:

1. **Forman**, E. M. (2018, March). *Writing NIH R21s*. Invited panelist presented to Dornsife School of Public Health. Drexel University. Philadelphia, PA.
2. **Forman**, E. M. (2014, October). Evidence-based + Personalized Medicine: How Digital Innovations Can Improve Outcomes, Patient Engagement and Brand Loyalty. In *Industry-Academia Innovation Collaboration on Advanced Analytics and Digital Solution*. Invited talk presented at Drexel University. Philadelphia, PA.
3. Baron, I. S. & **Forman**, E. M. (2010, November). Pediatric neuropsychology: Critical issues in professional recognition, pre-doctoral internship, and post-doctoral training. In *Drexel University Pediatric Neuropsychology Symposium*. Philadelphia, PA.
4. **Forman**, E.M. (2009, May). Of two minds about food. Invited talk presented at the Dinner and Discussion at Drexel Event, *Food and Identity*. Philadelphia, PA.
5. **Forman**, E.M. (2004, June). *Acceptance-based versus traditional cognitive-behavioral psychotherapies*. Invited paper presented at the Annual Drexel University Psi Chi Induction, Philadelphia, PA.
6. **Forman**, E.M. (2002, December). *Understanding and preventing suicide*. Invited paper presented to Drexel University Practicum Seminar, Philadelphia, PA.

Built Projects

iTakeControl mobile app (evidence-based cognitive-behavior therapy self-help program for the treatment of binge eating). <https://itakecontrol-binge.appstor.io>

Publications, peer reviewed

Note: [Blue](#) designates hyperlink to manuscript; * designates mentee; **bolded title** designates highly significant

1. *Crochiere, R. J., Fitzgerald, D. F., Butryn, M. L., Zhang, F., Beaulieu, K., Maher, J. P., *Huang, Z., Cong, C., & **Forman**, E. M. (in press). Moderators of the relation between physical activity and subsequent energy intake among behavioral weight loss participants. *Health Psychology*.
2. *Hagerman, C.J., *Hong, A.E., Crane, N.T., Butryn, M.L., and **Forman**, E.M. (in press). Do routinized eating behaviors support weight loss? An examination of food tracking data from behavioral weight loss participants. *Health Psychology*.

3. Blackman Carr, L.T., Ard, J. C. B. Shanks, C.B., **Forman**, E.M. et al. (2025), [Toward Health Equity: A Workshop Report on the State of the Science of Obesity Interventions for Adults](https://doi.org/10.1002/oby.70035), *Obesity*, 1–11, <https://doi.org/10.1002/oby.70035>.
4. Silverstein, H., **Forman**, E.M., Gildren, A.H., *Hagerman, C.J., Milliron, B., Zhang, F., Butryn, M.L. (2025). Protocol for a pilot RCT investigating a weight loss navigation program for adults. *Contemporary Clinical Trials*, 160.
5. Chabria, R., Hagerman, C. J., Crane, N. T., Ehmann, M., Knudsen, F. M., Brown, K. L., **Forman**, E. M. (2025). [Racial disparities in the efficacy of traditional versus acceptance-based behavioral weight loss](https://doi.org/10.1037/hea0001537). *Health Psychology*. doi: 10.1037/hea0001537.
6. *Crochiere, R. J., Freund, A. G., Huang, Z., Maher, J. P., & **Forman**, E. M. (2025). [Within-person, prospective relations between sleep duration and efficiency and next-day physical activity among behavioral weight loss participants](https://doi.org/10.1093/abm/kaaf039). *Journal of Behavioral Medicine*, 48(5), 884-890.
7. *Huang, Z., *Berry, M. P., *Chwyl, C., Hsieh, G., Wei, J., & **Forman**, E.M. (2025). [Comparing Large Language Model AI and Human-Generated Coaching Messages for Behavioral Weight Loss](https://doi.org/10.1007/s41347-025-00491-5). *Journal of Technology in Behavioral Science* 1-12. <https://doi.org/10.1007/s41347-025-00491-5>
8. Kudlek, L., Eustachio Colombo, P., Mueller, J., ...*Chwyl, C., **Forman**, E.M. et al. (2025) Individual participant data meta-analysis of eating behaviour traits as effect modifiers in acceptance and commitment therapy-based weight management interventions. *International Journal of Obesity*. <https://doi.org/10.1038/s41366-025-01759-9>
9. Kudlek, L., Mueller, J., Eustachio Colombo, P., Sharp, S. J., ...*Chwyl, C., **Forman**, E.M. et al. (2025). [An individual participant data meta-analysis investigating the mediating role of eating behavior traits in ACT-based weight management interventions](https://doi.org/10.1093/abm/kaaf039). *Annals of Behavioral Medicine*, 59(1). <https://doi.org/10.1093/abm/kaaf039>.
10. *Sala, M., Roos, C.R., Kober, H., Bricker, J.B., Stern, C.S., Plutchik, J., John, M., Haeny, A.M., Feldman, J.M., Aslan, M., Hay, J.L., & **Forman**, E.M. (2025). Combining cognitive-behavior therapy with mindfulness training in a digital intervention for binge eating disorder: A single-session pilot trial. *European Eating Disorder Review*. 33(5), 1051-1060. <https://doi.org/10.1002/erv.3204>
11. *Berry, M. P., Juarascio, A. S., Sherwood, N. E., Tate, D. F., & **Forman**, E. M. (2024). A randomized pilot trial of a reduced-frequency dietary self-monitoring prescription for weight loss. *Annals of Behavioral Medicine*, 58, S273.
12. Butryn, M. L., Hagerman, C. J., Crane, N. T., Ehmann, M. M., & **Forman**, E. M. (2024). Improving adherence to dietary recommendations for cancer prevention through behavioral intervention. *Annals of Behavioral Medicine*, 58, S286.
13. Butryn ML, Miller NA, Hagerman CJ, Arigo, D., LaFata, E., Zhang, F. Spring, B., **Forman**, E.M. (2024). Coach access to digital self-monitoring data: an experimental test of short-term effects in behavioral weight-loss treatment. *Obesity*, 2024; 32(11): 2111-2119. doi:10.1002/oby.24138
14. *Hagerman, C. J., Butryn, M. L., & **Forman**, E. M. (2024). Goal disengagement in response to weight gain during behavioral weight loss programs. *Annals of Behavioral Medicine*, 58, S277.

15. *Hong, A. E., Hagerman, C. J., Crane, N. T., Butryn, M. L., & **Forman**, E. M. (2024). Dietary repetition and calorie stability in behavioral weight loss programs. *Annals of Behavioral Medicine*, 58, S319.
16. *Huang, Z., *Berry, M. P., *Chwyl, C., *Karbassi, N., & **Forman**, E. M. (2024). Are AI chatbots up to the task? Exploring the future role of AI chatbots in behavioral weight loss interventions. *Annals of Behavioral Medicine*, 58, S62.
17. *LaFata, E.M., Allison, K.C., Audrain-McGovern, J., & **Forman**, E.M. (2024). [Ultra-processed food addiction: A research update](https://doi.org/10.1007/s13679-024-00569-w), *Current Obesity Reports*, 13(2), 214-223. <https://doi.org/10.1007/s13679-024-00569-w>
18. *LaFata, E. M., Allison, K. C., & **Forman**, E. M. (2024). What Foods May Be Addictive? *Food & Addiction*. <https://doi.org/10.1093/oso/9780190671051.003.0031>
19. *Chwyl, C., *Metzler, A. L., *Nguyen, J. T., *France, M., *Karbassi, N., Turner-McGrievy, G., Wright, N. & **Forman**, E. M. (2024). ["Mindset Matters": Perseverance, a balanced approach and structured support as facilitators of whole foods plant-based adoption](https://doi.org/10.1016/j.appet.2023.107163). *Appetite*, 194, 107163. <https://doi.org/10.1016/j.appet.2023.107163>
20. *Crochiere, R. J., Butryn, M. L., Zhang, F., Beaulieu, K., Maher, J. P., *Huang, Z., *Cong, C., & **Forman**, E. M. (2024). [Intraday Relations Between Physical Activity and Energy Intake Among Behavioral Weight Loss Participants](https://doi.org/10.1037/hea0001358). *Health Psychology*, 43(5), 376–387. <https://doi.org/10.1037/hea0001358>
21. *Hagerman, C.J., Crane, N.T., *Onu, M.C., Butryn, M.L., & **Forman**, E.M. (2024). [Psychological and behavioral responses to daily weight gain during behavioral weight loss treatment](https://doi.org/10.1007/s10865-024-00476-4). *Journal of Behavioral Medicine*, 47(3), 492–503. <https://doi.org/10.1007/s10865-024-00476-4>
22. *McCausland, H. C., & **Forman**, E. M. (2024). Investigating the role of alcohol use in combination with impulsivity or cognitive restraint in behavioral weight loss. *Annals of Behavioral Medicine*, 58, S343.
23. *Onu, M., Lampe, E. W., *Huang, Z., *Hong, A. E., *Hagerman, C. J., Pagoto, S. L., & **Forman**, E.M. (2024). Higher awareness, an acceptance-based therapy skill, predicts decreased physical activity engagement in people with obesity. *Annals of Behavioral Medicine*, 58, S355.
24. Sonnenblick, R. M., Liu, J., Riddle, D. R., Manasse, S. M., **Forman**, E. M., & Juarascio, A. S. (2024). Behavioral weight loss treatment for adults with binge-eating disorder: A qualitative analysis of patients' perspectives and experiences. *International Journal of Eating Disorders*, 57(9), 1854-1867. <https://doi.org/10.1002/eat.24234>
25. *Sun, J. H., & **Forman**, E. M. (2024). A systematic review of gamified weight loss interventions. *Annals of Behavioral Medicine*, 58, S61.
26. Alshurafa, N. I., Stump, T. K., Romano, C. S., Pfammatter, A. F., Lin, A. W., Hester, J., Hedeker, D., **Forman**, E., & Spring, B. (2023). Rationale and design of the SenseWhy project: A passive sensing and ecological momentary assessment study on characteristics of overeating episodes. *Digital Health*, 9, 20552076231158314. <https://doi.org/10.1177/20552076231158314>
27. Butryn, M.L., Hagerman, C.J., Crane, N.T., Ehmann, M.M., **Forman**, E.M., Milliron, B., & Simone, N. (2023). [A Proof-of-Concept Pilot Test of a Behavioral Intervention to Improve Adherence to Dietary Recommendations for Cancer Prevention](https://doi.org/10.1177/10732748231214122). *Cancer Control*, 30. <https://doi.org/10.1177/10732748231214122>

28. *Berry, M. P., *Taylor, L., *Huang, Z., *Chwyl, C., Kerrigan, S. & **Forman, E. M.** (2023). [Automated Messaging Delivered Alongside Behavioral Treatment for Weight Loss: Qualitative Study](https://doi.org/10.2196/50872). *JMIR Formative Research*, 7, e50872–e50872. <https://doi.org/10.2196/50872>
29. Bricker, J. B., Mull, K. E., Sullivan, B. M., **Forman, E. M.**, Lillis, J., McTiernan, A., & Santiago-Torres, M. (2023) [Telehealth acceptance and commitment therapy for weight loss: Protocol of the WeLNES full scale randomized controlled trial](https://doi.org/10.1016/j.cct.2023.107091). *Contemporary Clinical Trials*. <https://doi.org/10.1016/j.cct.2023.107091>.
30. *Chwyl, C., LaFata, E. M., *Abber, S. R., Juarascio, A. S., & **Forman, E. M.** (2023). [Testing reward processing models of obesity using in-the-moment assessments of subjective enjoyment of food and non-food activities](https://doi.org/10.1016/j.eatbeh.2022.101698). *Eating Behaviors*. <https://doi.org/10.1016/j.eatbeh.2022.101698>.
31. Crane, N. T., **Forman, E. M.**, Gorin, A. A., Lowe, M., Milliron, B.-J., & Butryn, M. L. (2023). Tempting cues in the home food environment and uptake of stimulus control strategies among behavioral weight loss participants. *Annals of Behavioral Medicine*, 57, S554–S554.
32. **Forman, E.M.**, *Evans, B.C., *Berry, M.P., *Lampe, E.W., *Chwyl, C., Zhang, F. (2023). [Behavioral Weight Loss Outcomes in Individuals with Binge-Eating Disorder: A Meta-Analysis](https://doi.org/10.1002/oby.23790). *Obesity*, 31(8), 1981-1995. <https://doi.org/10.1002/oby.23790>
33. **Forman, E. M.**, *Berry, M. P., Butryn, M. L., Hagerman, C. J., Huang, Z., Juarascio, A. S., LaFata, E. M., Ontañón, S., Tilford, J. M., & Zhang, F. (2023). [Using Artificial Intelligence to Optimize Delivery of Weight Loss Treatment: Protocol for an Efficacy and Cost-Effectiveness Trial](https://doi.org/10.1016/j.cct.2022.107029). *Contemporary Clinical Trials*, 124. <https://doi.org/10.1016/j.cct.2022.107029>
34. **Forman, E.M.**, Butryn, M.L., *Chwyl, C., Crane, M.M., *Dart, H., Hagerman, C.J., Manasse, S.M., Onu, M.C., *Sun, J.H., Veling, H., & Zhang, F. (2023). [Gamification and Neurotraining to Engage Men in Behavioral Weight Loss: Protocol for a Factorial Randomized Controlled Trial](https://doi.org/10.1016/j.cct.2022.107010). *Contemporary Clinical Trials*, 124, 107010. <https://doi.org/10.1016/j.cct.2022.107010>
35. Hagerman, C. J., Ehmann, M. M., *Taylor, L. C., & **Forman, E. M.** (2023). [The role of self-compassion and its individual components in adaptive responses to dietary lapses](https://doi.org/10.1016/j.appet.2023.107009). *Appetite*, 190, 107009. <https://doi.org/10.1016/j.appet.2023.107009>
36. Manasse, S.M., Trainor, C., Payne-Reichert, A., *Abber, S., *Lampe, E.W., Gillikin, L.M., Juarascio, A.S., & **Forman, E.M.** (2023). [Does virtual reality enhance the effects of inhibitory control training for loss of control eating? A pilot factorial experiment](https://doi.org/10.1016/j.eatbeh.2023.101749). *Eating Behaviors*, 50 <https://doi.org/10.1016/j.eatbeh.2023.101749>.
37. Miller, N.A., Ehmann, M.M., Hagerman, C.J., **Forman, E.M.**, Arigo, D., Spring, B., LaFata, E.M., Zhang, F., Milliron, B., & Butryn, M.L. (2023). [Sharing digital self-monitoring data with others to enhance long-term weight loss: A randomized controlled trial](https://doi.org/10.1016/j.cct.2023.107201). *Contemporary Clinical Trials*, 129. <https://doi.org/10.1016/j.cct.2023.107201>
38. Presseller, E.K., *Lampe, E.W., Zhang, F., Gable, P.A., Guetterman, T.C., **Forman, E.M.**, Juarascio, A.S. (2023) [Using Wearable Passive Sensing to](https://doi.org/10.1016/j.cct.2023.107201)

- [Predict Engagement in Binge Eating in Response to Negative Affect](http://preprints.jmir.org/preprint/47098). *JMIR Research Protocols*. <http://preprints.jmir.org/preprint/47098>
39. *Berry, M. P., *Chwyl, C., *Metzler, A.L., *Sun, J.H., *Dart, H., **Forman, E.M.** (2022). [Associations between behaviour change technique clusters and weight loss outcomes of automated digital interventions: a systematic review and meta-regression](https://doi.org/10.1080/17437199.2022.2125038). *Health Psychology Review*. <https://doi.org/10.1080/17437199.2022.2125038>
 40. *Chwyl, C., *Crochiere, R. J., & **Forman, E. M.** (2022). [The Role of Everyday Activities on Likelihood of Dietary Lapse: An Ecological Momentary Assessment Study](#). *Journal of Behavioral Medicine*.
 41. *Abber, S. R., **Forman, E. M.**, Wierenga, C. E., & Manasse, S. M. (2022). [Intact general and food-specific task-switching abilities in bulimia nervosa](#). *Eating Behaviors*, 101636.
 42. *Berry, M. P., Adams, M. A., Butryn, M. L., Kerrigan, S., & **Forman, E. M.** (2022). [Efficacy and mechanisms of a brief adaptive goal-setting intervention for physical activity: A randomised pilot trial](#). *International Journal of Sport and Exercise Psychology*, 1-23.
 43. Burton Murray, H., Zhang, F., Manasse, S. M., **Forman, E. M.**, Butryn, M. L., & Juarascio, A. S. (2022). [Validation of the food craving acceptance and action questionnaire \(FAAQ\) in a weight-loss seeking sample](https://doi.org/10.1016/j.appet.2021.105680). *Appetite*, 168. <https://doi.org/10.1016/j.appet.2021.105680>
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Chapters/Publications, non-peer reviewed

Note: * designates mentee

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2. *Chwyl, C., *Sala, M. & **Forman**, E. M. (2022). Obesity: 3rd Wave Case Conceptualization. In W. O'Donahue & A. Masuda (Eds.) *Behavior Therapy: First, Second, and Third Waves* (pp 437-462). New York: Springer Press.
3. **Forman**, E. M., Arch, J. J., Bricker, J. B., Gaudiano, B.A., Juarascio, A.S., Rizvi, S.L., Segal, Z.V., Vowels, K.E. (2021). [Mindfulness and Acceptance-based Treatments](#). In L. G. Castonguay, M. Barkham & W. Lutz (Eds.) *Bergin & Garfield's Handbook of Psychotherapy and Behavior Change* (7th Edition). Hoboken, JJ: John Wiley & Sons.
4. Lillis, J., *Dallal, D. H., & **Forman**, E. M. (2020). Innovations in applying ACT for obesity and physical activity. In Levin, M. E., Twohig, M. P., & Krafft, J. (Eds), *Innovations in Acceptance and Commitment Therapy: Clinical advancements and applications in ACT*. Oakland, CA: New Harbinger.
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6. **Forman**, E.M. & Butryn, M.L. (2016). [Effective Weight Loss: An Acceptance-based Behavioral Approach](#). (*Treatments that Work* series). New York: Oxford University Press.
7. Herbert, J.D., **Forman**, E.M. & *Hitchcock, P. (2016). Contextual Perspectives on Cognitive Behavior Therapy: Philosophy, Theory, and Technique. In S. Hayes, T. Biglan, D. Barnes-Holmes, R. Zettle (Eds). *The Handbook of Contextual Behavioral Science*.
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19. **Forman**, E. M. (2007). [A review of Cognitive Therapy: A Practical Guide](#). *Cognitive and Behavioral Practice*, 14, 417-420.
20. **Forman**, E.M. & Herbert, J. H. (2007, July 12). [Acceptance and Commitment Therapy: Similarities and Differences with Cognitive Therapy - Part 2](#). *Scientist-Practitioner Weekly Update*, 43. Retrieved July 31, 2007, from <http://www.scientist-practitioner.com>.
21. **Forman**, E.M. & Herbert, J. H. (2007, July 5). [Acceptance and Commitment Therapy: Similarities and Differences with Cognitive Therapy - Part 1](#). *Scientist-Practitioner Weekly Update*, 42. Retrieved July 31, 2007, from <http://www.scientist-practitioner.com>.
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23. *Moitra, E., Herbert, J. D., & **Forman**, E. M. (2007). [Avoidance and depression among socially anxious adults \(abstract\)](#). *Depression and Anxiety*, 24, 299-300.
24. Herbert, J. H. & **Forman**, E.M. (2006). [Post-traumatic stress disorder](#). In J. E. Fisher & W. O'Donohue (Eds.), 555-566. *Practitioner's Guide to Evidence-Based Psychotherapy*. New York: Springer Publishing.
25. **Forman**, E. M., Berk, M. S., Henriques, G. R, Brown, G. K., & Beck, A. T. (2005). Multiple suicide attempters have a more severe clinical profile than single attempters, *Clinician's Research Digest*, 23, 4.

Books

1. **Forman**, E.M. & Butryn, M.L. (2016). [Effective Weight Loss: A Companion Workbook](#). (*Treatments that Work* series). New York: Oxford University Press.
2. **Forman**, E. M., & Butryn, M. L. (2016). [Acceptance-based behavioral treatment for weight loss](#). In A. F. Haynos, E. M. Forman, M. L. Butryn, & J. Lillis (Eds.), *Mindfulness and acceptance for treating eating disorders and weight concerns: Evidence-based interventions* (pp. 145–167). Oakland, CA: Context Press/New Harbinger Publications.
3. Haynos, A.F., Lillis, J., **Forman**, E.M. Butryn, M.L., Eds. (2016). *Mindfulness and acceptance for treating eating disorders and weight concerns: Evidence-based interventions*. Oakland, CA: New Harbinger

4. Herbert, J. D. & **Forman**, E. M., Eds. (2011). [*Acceptance and Mindfulness in Cognitive Behavior Therapy: Understanding and Applying the New Therapies*](#). Hoboken, NJ: Wiley.

Conference Abstracts/Presentations

Note: * designates mentee

1. Zhang, F., Hagerman, C., Butryn, M. L., Choo-Kang, D., Ferariu, A., Chang, H., Sahl, A. & **Forman**, E. (2026, May). Evaluating the efficacy of mindfulness and acceptance-based treatment components for weight loss. Poster presentation at the 52nd Annual Meeting of the Association of Behavior Analysis International (ABAI), San Francisco, CA.
2. Ferariu, A., **Forman**, E., Hagerman, C., Butryn, M. L., Choo-Kang, D., Chang, H., Sadeghi, F. & Zhang, F. (2026, May). Personalized Behavioral Weight Loss: For Whom Do Mindfulness- and Acceptance-based Treatment Components Improve Outcomes. Poster presentation at the 52nd Annual Meeting of the Association of Behavior Analysis International (ABAI), San Francisco, CA.
3. Butryn, M.L., Upman, A., Miller, N.A., Hagerman, C., Arigo, D., Zhang, Z., LaFata, E., **Forman**, E., Milliron, B., Spring, B. (April 2026). Long-term efficacy of sharing digital self-monitoring in a behavioral weight loss program. To be presented at the 47th Annual Meeting & Scientific Sessions of SBM, Chicago, IL.
4. Dang, I., Choo-Kang, D., Hagerman, C.J., & **Forman**, E.M. (2026, April). Tendency to under- and overestimate caloric intake and calorie estimation accuracy in behavioral weight loss program. Poster to be presented at the annual meeting of the Society of Behavioral Medicine, Chicago, IL.
5. Hagerman, C.J., Choo-Kang, D., Dang, I., Butryn, M.L., & **Forman**, E.M. (2026, April). Among men attempting weight loss, setbacks precede goal disengagement. Live Research Spotlight to be presented at the annual meeting of the Society of Behavioral Medicine, Chicago, IL.
6. Kudlek, L., Colombo, P.E., Mueller, J., Sharp, S., Boothby, C., Griffin, S., Butryn, M., *Chwyl, C., **Forman**, E., Hagerman, C. and Hawkins, M. (2024, November). Do Eating Behaviour Traits Moderate the Effectiveness of Acceptance-based Weight Management? Poster presented at the 42nd Annual Meeting of The Obesity Society.
7. *Sun, J.H., *Hong, A.E., & **Forman**, E.M. (2024, November). Associations between gamification component usage and 1-month weight loss in a 12-month gamified weight loss program. Poster to be presented at the 58th Annual Convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA, United States.
8. *Berry, M.P., Juarascio, A., Sherwood, N.E., Tate, D., **Forman**, E.M. (2024, March). *A Randomized Pilot Trial of a Reduced-Frequency Dietary Self-Monitoring Prescription for Weight Loss*. Live Research Spotlight Presentation at the 45th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Philadelphia, PA.
9. Butryn, M.L., Hagerman, C.J., Crane, N.T., Ehmann, M., **Forman**, E.F., Milliron, B.J., & Simone, N. (2024, March). *Improving adherence to dietary recommendations for cancer prevention through behavioral intervention*. Poster presented at the 45th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Philadelphia, PA.

10. Chabria, R., Hagerman, C. J., **Forman**, E. M., Crane, N. T., & Ehmann, M. M. (2024). Addressing racial disparities in weight loss outcomes for adults enrolled in behavioral weight loss interventions. *Poster presented at the 45th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Philadelphia, PA.*
11. *Crochiere, R. J., Maher, J. P., Freund, A., *Huang, Z., & **Forman**, E. M. (2024, March). *Sleep Duration and Efficiency Predict Next-Day Physical Activity Among Behavioral Weight Loss Participants*. Live Research Spotlight Presentation to be presented at the 45th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Philadelphia, PA.
12. Hagerman, C.J., Butryn, M.L., *Huang, Z., *Hong, A.E. , & **Forman**, E.M. (2024, March). *Goal disengagement in response to weight gain during behavioral weight loss programs*. Live Research Spotlight Presentation to be presented at the 45th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Philadelphia, PA.
13. *Hong, A.E., Hagerman, C.J., Crane, N.T., Butryn, M.L., **Forman**, E.M. (2024, March). *Dietary Repetition and Calorie Stability in Behavioral Weight Loss Programs*. Poster presented at the 45th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Philadelphia, PA.
14. *Huang, Z., *Berry, M. P., *Chwyl, C.,*Karbassi, N., & **Forman**, E. M. (2024, March). *Are AI Chatbots Up to the Task? Exploring the Future Role of AI Chatbots in Behavioral Weight Loss Interventions*. Poster presented at the 45th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Philadelphia, PA, United States.
15. Juarascio, A.S., Wilkinson, M.L., Patarinski, A.G., Riddle, D.R., **Forman**, E.M., Manasse, S.M, Srivastava, P, & Zhang, F. (March, 2024). *Comparing acceptance-based weight loss treatment to standard weight loss treatment for individuals with binge eating disorder*. Live Research Spotlight Presentation at the 45th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Philadelphia, PA, United States.
16. *Karbassi, N. & **Forman**, E. M. (2024, March). *The Relationship Between Adverse Childhood Experiences (ACEs) and Adult Behavioral Weight Loss Outcomes*. poster presented at the 45th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Philadelphia, PA, United States.
17. *Moussaoui, J. R., *Lampe, E. L., **Forman**, E.M., Juarascio, A.S., Manasse, S.M. (2024, March). *A Novel 'Fast-and-Frugal Trees' Approach to Detect Binge Eating in Men and Women*. Paper to be presented at the International Conference on Eating Disorders (ICED), New York, NY, United States.
18. *Onu, M. C., *Lampe, E. W., D'Adamo, L., *Huang, Z., Murphy, C. M., Hagerman, C. J., Pagoto, S. L., & **Forman**, E. M. (2024, March). [The impact of body satisfaction on exercise among women in a behavioral weight loss study](#). Poster presented at the 45th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Philadelphia, PA, United States.
19. *Onu, M. C., Wojtowicz, O. H., *Lampe, E. W., *Hong, A. E., *Baar, G., *Marcos, J., Hagerman, C. J., Pagoto, S. L., & **Forman**, E. M. (2024, March). [The role of community and values clarity in weight loss interventions for African Americans: A](#)

- [qualitative study](#). Poster presented at the 45th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Philadelphia, PA, United States.
20. *Onu, M. C., *Lampe, E. W., *Huang, Z., *Hong, A. E., Hagerman, C. J., Pagoto, S. L., & **Forman, E. M.** (2024, March). [Higher awareness, an acceptance-based therapy skill, predicts decreased physical activity engagement in people with obesity](#). Poster presented at 45th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Philadelphia, PA, United States.
 21. *Presseller, E.K., Guetterman, T.C., **Forman, E.M.**, & Juarascio, A.S. (2024, March). *Feasibility, acceptability, and user-centered design preferences for use of wearable sensors among individuals with binge eating*. Poster presented at the 45th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Philadelphia, PA.
 22. *Sun, J. H., & **Forman, E. M.** (2024, March). *A systematic review of gamified weight loss interventions*. Poster presented at the 45th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Philadelphia, PA.
 23. Woodall, P.E., *Metzler, A.L., *Berry, M.P., Kral, T.V.E., Carels, R.A. **Forman, E.M.** (2024, Mar.). Income and education level provide unique variance in predicting subjective social status. Poster presented at the 45th Annual Convention of the Society of Behavioral Medicine, Philadelphia, PA.
 24. *Karbassi, N., *Huang, Z., *Chwyl, C., *Berry, M. P., *Sun J. H., *Taylor L. C., & **Forman, E. M.** (2023, November). *Investigating Reasons for Racial Disparities in Behavioral Weight-Loss Treatment Outcomes*. Poster presented at the 57th Annual Convention of the Association for Behavioral and Cognitive Therapies, Seattle, WA.
 25. *Huang, Z., *Berry, M. P, *Karbassi, N., & **Forman, E. M.** (2023, November). *Evaluating the Feasibility and Acceptability of Behavioral Weight Loss Coaching Driven by a Large Language Model AI System*. Poster presented at the 57th Annual Convention of the Association for Behavioral and Cognitive Therapies, Seattle, WA.
 26. *Onu, M. C., Lampe, E. W, *Crochiere, R. J., *Huang, Z., *Presseller, E. K, Manasse, S. M., & **Forman, E. M** (2023, November). *Associations between Physical Activity and Body Satisfaction Among Women Seeking Weight Loss*. Poster presented at the 57th Annual Convention of the Association for Behavioral and Cognitive Therapies, Seattle, WA.
 27. *Sun, J. H., & **Forman, E.** (2023, November). *Mindfulness as a direct predictor of quality of life in behavioral weight loss interventions*. Poster presented at the 57th Annual Convention of the Association for Behavioral and Cognitive Therapies, Seattle, WA.
 28. Manasse, S.M., D'Adamo, L., **Forman, E.M.**, & Tripicchio, G. (2023, September). *Sleep characteristics and next day disordered eating and dietary intake in adolescents: An ecological momentary assessment study*. Poster presentation at the 29th annual Eating Disorders Research Society Meeting. Boston, MA.
 29. *Chwyl, C., *Dart, H., Hagerman, C.J., & **Forman, E.M.** (2023, April). *A Mixed Methods Examination of Men's Attitudes towards Gamified and Traditional Group-Based Behavioral Weight Loss*. Poster presented at the 44th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, Phoenix, AZ.
 30. *De La Merced, A. M., Ehmann, M. M., **Forman, E. M.**, Milliron, B.-J., Simone, N. L., & Butryn, M. L. (2023, April). *Adherence to dietary cancer prevention guidelines differs in*

improvement level following behavioral nutrition intervention. Poster presented at the 44th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, Phoenix, AZ.

31. **Forman**, E. M., Manasse, S. M., Veling, H., *Berry, M. P., *Onu, M. C., & Hagerman, C. J. (2023, April). *Randomized Controlled Trial Comparing the Effects of Three Types of Inhibitory Control Training on Food Choices.* Talk presented at the 44th Annual Convention of the Society of Behavioral Medicine, Phoenix, AZ.
32. **Forman**, E.M. *Berry, M.P., *Chwyl, C., Coffman, D.L., *Karbassi, N., *Sun, J., *Taylor, L., Butryn, M.L., Juarascio, A.S., Hagerman, C.J., & Manasse, S.M. (2023, April) Evaluating the efficacy of mindfulness and acceptance-based treatment components for weight loss. In Bricker, J. (Chair) *Innovative solutions to improve the impact of acceptance-based treatments for weight loss.* Symposium presented at the 44th Annual Convention of the Society of Behavioral Medicine, Phoenix, AZ.
33. **Forman**, E.M., Hagerman, C.J., *Onu, M.C., *Hopkins, C., Manasse, S.M., Butryn, M.L., Veling, H., *Berry, M.P., *Chwyl, C., *Sun, J., *Dart, H. (2023, April). *Development of a Game- and Neurotraining-based Weight Loss Mobile Intervention for Men.* Talk presented at the 44th Annual Convention of the Society of Behavioral Medicine, Phoenix, AZ.
34. *Huang, Z., Hagerman, C. J., *Onu, M. C., Wang, H., & **Forman**, E. M. (2023, April). *Active Zone Minutes vs. Moderate to Vigorous Physical Activity: Which is a Stronger Predictor of Weight Loss.* Poster presented at the 44th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Phoenix, AZ, United States.
35. *Nwanze, C., Hagerman, C.J., & **Forman**, E.M. (2023, April). *Eating to Cope: Analyzing Racial Differences in Overeating, Perceived Stress, and Depression.* Poster presented at the 44th Annual Convention of the Society of Behavioral Medicine, Phoenix, AZ.
36. *Onu, M.C., Hagerman, C.J., Onu, M.C., *Chwyl, C., Manasse, S.M., Hopkins, C.M., *Dart, H., *Sun, J.H., Crane, M.M., & **Forman**, E.M. (2023, April) *Designing a Gamified Neurotraining and Behavioral Weight Loss Program for Men: Using Previous Findings and Advisory Board Input.* Poster presented at the 44th Annual Convention of the Society of Behavioral Medicine, Phoenix, AZ.
37. *Taylor, L. C., & **Forman**, E. (2023). *Binge Eating Automated Measure (BEAM): Development of an automated clinical assessment for binge eating.* Poster presented at the 44th Annual Convention of the Society of Behavioral Medicine, Phoenix, AZ.
38. *Metzler, A.L., *Berry, M.P., Kral, T.V.E., & **Forman**, E.M. (2022, November). *The Impact of Socioeconomic Status on Grocery Purchasing Decisions: Examining Mediating Mechanisms.* Poster presented at the 40th Annual Convention of The Obesity Society, San Diego, CA.
39. *Metzler, A.L., *Dallal, D.H., & **Forman**, E.M. (2022, November). *Drive to Pursue Non-Food-Specific Reward Predicts Frequency of High-Reward, but Not Low-Reward, Food Consumption in Undergraduates across the BMI Spectrum.* Poster presented at the Behavioral Medicine and Integrated Primary Care Special Interest Group Exposition at the 56th Annual Convention of the Association for Behavioral and Cognitive Therapies, New York, NY.
40. Crane, N. T., Godfrey, K., *Horgan, O., **Forman**, E. M., & Butryn, M. L. (2022, April). *Patterns of engagement with digital self-monitoring tools during weight loss*

maintenance. Poster presented at the 43rd Society of Behavioral Medicine annual meeting, Baltimore, MD.

41. *Chwyl, C., France, M.N., Wright, N., Turner-McGrievy, G., Butryn, M. L., & **Forman**, E. M., (2022, April). *Beyond Calorie Tracking: A Remotely Delivered Behavioral Intervention Using an Ad Libitum Plant-Based Diet*. Oral presentation at the 43rd Society of Behavioral Medicine annual meeting, Baltimore, MD.
42. Dallal, D.H., Metzler, A., Appelhans, B.M., Butryn, M.L., Juarascio, A.S., & **Forman**, E.M. (2022, November). A multimodal investigation into the role of reward deficit in obesity and consumption of high-reward foods. poster presented at the Eating Disorders and Eating Behaviors Special Interest Group Exposition at the 56th Annual Convention of the Association for Behavioral and Cognitive Therapies, New York, NY.
43. *Huang, Z., Goldstein, S. P., *Berry, M. P., *Crochiere, R., & **Forman**, E. M. (2022, November). *Specific, but not General, Technology Acceptance Predicts Mobile Weight Loss Program Outcomes*. Poster presented at ObesityWeek 2022, San Diego, CA.
44. *Taylor, L. C., *Lampe, E. W., *Crochiere, R., & **Forman**, E. M. (2022, April). *Differential Momentary Triggers of Dietary Lapse Among Black and White Participants in a Behavioral Weight Loss Intervention*. poster presented at the 43rd Society of Behavioral Medicine annual meeting, Baltimore, MD.
45. *Abber, S. R., Smith, S. R., Manasse, S. M., & **Forman**, E. M. (2021, November). *Gastric interoception predicts weight loss in a behavioral weight loss program*. Poster presented at the 55th Annual Meeting of the Association for Behavioral and Cognitive Therapies, New Orleans, LA
46. *Abber, S. R., **Forman**, E. M., Wierenga, C. E., & Manasse, S. M. (2021, September). *Shifting to task-switching: Re-evaluating cognitive flexibility in bulimia nervosa*. Poster presentation at the XXVIIth Annual Meeting of the Eating Disorders Research Society. Boston, MA.
47. Nishka, S., *Chwyl, C., & **Forman**, E.M. (August, 2021). *The effects of early adverse events on emotional eating desires and behaviors*. Data presented at the Southern Harm Reduction Conference, Philadelphia, PA.
48. *Berry, M. P., Sherwood, E. & **Forman**, E. M. (2021, April). *Discrepancies between participant and clinician ratings of intervention adherence predict weight loss outcomes*. Poster presentation at the Society for Behavioral Medicine's 2021 Annual Meeting & Scientific Sessions.
49. *Berry, M. P. & **Forman**, E. M. (2021). *Intrinsic motivation and BMI predict weight change patterns before and after a withdrawal in supportive accountability*. Poster presentation at the annual meeting of the Association for Contextual Behavioral Science, San Francisco, CA.
50. Butryn, M. L., Zhang, F., Crane, N., & **Forman**, E. F. (2021, November). *The impact of physical activity on long-term weight loss depends on eating behavior*. Poster presentation at the annual meeting of The Obesity Society, Virtual Meeting (COVID-19).
51. *Chwyl, C., & **Forman**, E. M. (2021). *Socializing and TV/social media use are antecedents of overeating in daily life for adults seeking weight loss*. Poster presented (virtually) at the Research Spotlight at the Society of Behavioral.

52. Kanzler, K. E., Robinson, P., Schlenker, C. G., Romero, R., Pugh, J. P., Finley, E. P., Aikens, J., **Forman**, E., & Ramirez, A. (2021). *Development of the Acceptance Based Coping (ABaCo) Skills Program: A community health worker-delivered focused act intervention for Hispanic/Latinx patients with Type 2 Diabetes*. Presented (virtually) at the Association for Contextual and Behavioral Sciences World Conference 19.
53. *Lampe, E.W., **Forman** E.M., Juarascio, A.S., Manasse, S.M. (2021, April). *The development and initial feasibility and acceptability of a novel physical activity enhanced cognitive behavioral therapy for bulimia nervosa: A case series*. 3-Minute Thesis Competition Presentation at the Drexel Emerging Graduate Scholars Conference (Virtual).
54. Manasse, S.M., Gillikin, L.M., *Lampe, E.W., Juarascio, A.S., & **Forman**, E.M. (2021, September). *Augmenting cognitive behavioral therapy for binge-spectrum eating disorders with inhibitory control training: Target engagement and initial efficacy*. Oral presentation at the Eating Disorders Research Society Annual Meeting (Virtual).
55. *Sala, M., Roos, C. R., *Crochiere, R. J., Butryn, M. L., Juarascio, A. S., Manasse, S. M., & **Forman**, E. M. (2021, June). *Real-time fluctuations in mindful awareness, willingness, and values clarity, and their associations with craving and dietary lapse among those seeking weight loss*. In Dalrymple, K.L. (chair), *Understanding the role of contextual behavioral science in obesity and obesity treatments*. Poster presentation at the annual meeting of the Association for Contextual Behavioral Science, San Francisco, CA.
56. *Taylor, L. C., *Lampe, E. W., **Forman**, E. M., Manasse, S. M. (2021, September). *The preliminary predictive power of momentary changes in overvaluation and fear of weight gain on purging in bulimia nervosa*. Poster presentation at the XXVIIth Annual Meeting of the Eating Disorders Research Society. Boston, MA.
57. *Abber, S. R., **Forman**, E. M., Wierenga, C. E., & Manasse, S. M. (2020, October). *Developing and validating a paradigm to measure food-specific cognitive flexibility*. Poster presented (virtually) at the 26th Annual Meeting of the Eating Disorders Research Society.
58. *Berry, M. & **Forman**, E. M. (2020, April). *The relation of intrinsic motivation to treatment response across behavioral weight loss interventions of varying intensity*. Poster presented at the 41st Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, San Francisco, CA.
59. Butryn, M. L., Godfrey, K., Martinelli, M. K., Zhang, F., & **Forman**, E. M., (2020, April). *The acceptability and efficacy of sharing digital self-monitoring data with weight loss coaches to enhance adherence*. Paper presented at the 41st Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, San Francisco, CA.
60. *Chwyl, C., *Berry, M. P., Manasse, S. M., & **Forman**, E. M. (2020, May). *Emotional eating assessed via self-report questionnaire or ecological momentary assessment surveys may capture distinct constructs*. Poster presented at the UConn Center for mHealth and Social Media. *Authors contributed equally to this work.
61. *Chwyl, C., **Forman**, E. M., & Manasse, S. M. (2020, November). *Emotion differentiation promotes less restrictive eating in a binge eating sample*. Poster presented at the 54th Annual Convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

62. *Chwyl, C., Manasse, S., Crosby, R., & **Forman**, E. (2020, April). *Emotional eating assessed retrospectively vs. prospectively: Distinct implications for weight loss*. Poster presented at the Society of Behavioral Medicine, San Francisco, CA.
63. *Crochiere, R. J., Zhang, F., Juarascio, A. S., & **Forman**, E. M. (2020, April). *Harnessing sensor technology and machine learning to predict dietary lapses in a weight loss program*. Paper presented at the 41st Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, San Francisco, CA.
64. *Crochiere, R. J., Zhang, F., Juarascio, A. S., Goldstein, S. P., Thomas, J. G., & **Forman**, E. M. (2020, November). *Comparing momentary self-report versus sensory-based approaches in predicting dietary lapse*. Paper presented at Obesity Week 2020, Atlanta, GA.
65. D'Adamo, L., Call, C. C., Schumacher, L. M., **Forman**, E. M., & Butryn, M. L. (2020, April). *Predicting physical activity maintenance after behavioral weight loss treatment*. Poster presented at the annual meeting of the Society of Behavioral Medicine, San Francisco, CA.
66. *Dallal, D. H., *Berry, M. P., & **Forman**, E. M. (2020, November). *Emotional distress tolerance moderates the relation between acceptance-based behavioral weight loss treatment and long-term weight loss outcomes*. Poster presented at the 54th Annual Convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
67. *Dallal, D. H. & **Forman**, E. M. (2020, April). *Clarifying the role of values in weight control: A pilot study of a values-based intervention to promote weight loss*. Poster presented at the 41st Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, San Francisco, CA.
68. *Dallal, D. H. & **Forman**, E. M. (2020, July). *The values interview: Developing and validating a new measure of values clarity and values awareness*. Paper accepted at the 18th Annual World Conference of the Association for Contextual Behavioral Science, New Orleans, LA.
69. **Forman**, E. M., Manasse, S. M., *Dallal, D. H., *Crochiere, R.J., Butryn, M.L., Juarascio, A.S., (2020, April). *The acceptability and efficacy of sharing digital self-monitoring data with weight loss coaches to enhance adherence*. Paper presented at the 41st Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, San Francisco, CA.
70. **Forman**, E.M. & *Abber, S. R. (2020, October). *Gender Differences in the Effect of Gamification on Weight Loss During a Daily, Neurocognitive Training Program*. Poster presented (virtually) at the 26th Annual Meeting of the Eating Disorders Research Society.
71. Goldstein, S. P., Thomas, J. G., Brick, L. A., & **Forman**, E. M. (2020, April). *Examining patterns of engagement with a smartphone-based just-in-time adaptive intervention for dietary lapses: Implications for proximal and distal outcomes*. In O. Perski (chair), *Innovative methods for studying and addressing engagement in just-in-time adaptive interventions for health behaviour change*. Paper presented at the 41st Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, San Francisco, CA.
72. *Lampe, E. W., **Forman**, E. M., Manasse, S. M. (2020, November). *Diving deeper: Clarifying the relationship between measures of distress tolerance*. Poster presented

at the 54th Annual Convention of the Association for Cognitive and Behavioral Therapies. Philadelphia, PA.

73. Manasse, S. M., *Lampe, E., Payne-Reichert, A., Juarascio, A. S., & **Forman, E. M.** (2020, April) . *An initial test of feasibility, acceptability, and preliminary efficacy of TakeControlVR: A virtual reality-based inhibitory control training for reducing binge eating*. Paper presented at the 41st Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine. San Francisco, CA.
74. Payne-Reichert, A. M., Manasse, S. M., & **Forman, E. M.** (2020, April). *Associations between self-regulation and attendance: Towards improving outcomes for weight loss treatments*. Poster presentation at the 41st Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine. San Francisco, CA.
75. *Dallal, D. H. & **Forman, E. M.** (2019, Nov.). *Can an acceptance-based smartphone application for weight loss promote change in ACT-based mechanistic processes?* Poster presented at the Behavioral Medicine and Integrated Primary Care Special Interest Group Exposition at the 53rd Annual Convention of the Association for Behavioral and Cognitive Therapies, Atlanta, GA.
76. **Forman, E. M.**, Juarascio, A. S., Manasse, S. M., Zhang, F., Weimer, J., Parker, M., *Presseller, E., *Crochiere, R.J., Tapera, T. (2019, September). Harnessing sensor data with advanced algorithms to predict, detect and prevent problematic eating behaviors. In Haynos, A. (Chair). *Collaborating with computers: The promise of machine learning to advance eating disorders research*. Symposium conducted at the Eating Disorders Research Society Annual Meeting, Chicago, IL.
77. Juarascio, A. S., **Forman, E. M.**, Manasse, S. M., *Presseller, E., Zhang, F., Srivastava, P., Clark, K (September, 2019). Using Just-in-Time Adaptive Interventions to Enhance Treatment Outcomes. In Wildes, J. (Chair). *New Directions in Eating Disorder Treatment Research*. Symposium conducted at the Eating Disorders Research Society Annual Meeting, Chicago, IL.
78. Butryn, M. L., Godfrey, K. M., Roberts, S. R., Martinelli, M. K., **Forman, E. M.**, & Zhang, F. (2019, November). *Digital self-monitoring in behavioral weight loss: Adherence and association with outcomes*. Poster presented at the annual meeting of The Obesity Society, Las Vegas, NV.
79. *Crochiere, R. J., Zhang, F., Juarascio, A. S. & **Forman, E. M.** (2019, November). *Integrating sensor technology and machine learning to target dietary lapses*. Paper presented at the Obesity and Eating Disorder Special Interest Group Meeting at the Association for Behavioral and Cognitive Therapies Annual Convention, Atlanta, GA.
80. *Lampe, E., **Forman, E. M.**, & Manasse, S. M. (2019, November). *Promoting Physical Activity for Bulimia Nervosa: Recipe for recovery or relapse?* Poster presented at the 53rd Annual Convention of the Association for Behavioral and Cognitive Therapies, Atlanta, GA
81. *Call, C. C., Unick, J. L., **Forman, E. M.**, Butryn, M. L. (2019, March). *The Relations of Weight Change to Behavioral and Psychological Factors in Active Young Adults*. Poster presented at the 40th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Washington, D.C.
82. *Crochiere, R. J., *Goldstein, S. P., **Forman, E. M.** (2019, March). Momentary Predictors of Dietary Lapse in a Mobile Health (mHealth) Intervention. In R. J. Crochiere (Chair), *Measuring Proximal Factors Associated with Change in Weight-*

Related Behaviors with Advanced Technology. Symposium presented at the 40th Annual Meeting and Scientific Sessions Society for Behavioral Medicine, Washington, D.C.

83. *Crochiere, R. J., Manasse, S. & **Forman**, E. M. (2019, March). *Momentary Changes in Affective/Physical States Differentially Predict Dietary Lapse Based on Lapse Location.* Paper presented at the Society of Behavioral Medicine, Washington, D.C.
84. *Dallal, D. H., Manasse, S. M., *Lampe, E., & **Forman**, E. M. (2019, March). *Examining the utility of three acceptance-based skills in facilitating weight change in the behavioral treatment of obesity.* Poster presented at the 40th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine. Washington, D.C.
85. **Forman**, E. M., *Kerrigan, S. G., Butryn, M. L., Juarascio, A. D., Manasse, S. M., & Ontanon, S. (2019, March). *Applying the AI Technique of Reinforcement Learning to Optimize Obesity Treatment.* Paper presented at the 40th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine. Washing, D.C.
86. **Forman**, E. M., Goldstein, S. P., *Crochiere, R. J., Butryn, M. L., Juarascio, A. S., & Martin, G. M. (2019, March). *Just-in-Time Adaptive Intervention for weight loss: Predictive accuracy, engagement and efficacy.* Paper presented at the 40th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine. Washington, D.C.
87. **Forman**, E. M., Butryn, M. L., Manasse, S. M., Crosby, R. D., *Dallal, D. H., & *Crochiere, R. J. (2019, March). *RCT of An Acceptance-based Behavioral Treatment for Obesity: Weight and Quality of Life across 3 Years.* Paper presented at the 40th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine. Washington, D.C.
88. Godfrey, K. M., *Schumacher, L. M., Butryn, M. L., & **Forman**, E. M. (2019, March). *Response to An Acceptance-Based Weight Loss Intervention is Mediated by Physical Activity Intentions and Behavior.* Paper presented at the Society of Behavioral Medicine Annual Meeting. Washington, D.C.
89. *Lampe, E., Manasse, S. M., & **Forman**, E. M. (2019, March). *What Are We Really Saying to Children About Obesity? A review of guidelines for talking to children about overweight and obesity.* Poster presented at the 40th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine. Washington, D.C.
90. Manasse, S. M., *Lampe, E., Whang, P., Juarascio, A. S., & **Forman**, E. M. (2019, March). Development, feasibility, and acceptability of an at-home, virtual reality inhibitory control training for individuals with binge eating. In T Mason (Chair), *Translational Research on Inhibitory Control and Binge Eating: From Basic Clinical Research to Intervention.* Paper presented at the Society for Behavioral Medicine Annual Meeting. Washington, D.C.
91. Martinelli, M. K., Godfrey, K. M., **Forman**, E. M., & Butryn, M. L. (2019, March). *Physical discomfort intolerance as a predictor of weight loss and physical activity in a behavioral weight loss program.* Paper presented at the 40th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Washington, D.C.
92. *Schumacher, L. M., Martinelli, M., Convertino, A., **Forman**, E. M., & Butryn, M. L. (2019, March). *Weight-related information avoidance as a predictor of self-monitoring compliance in a behavioral weight management program.* Poster presented at the 40th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Washington, D.C.

93. Butryn, M. L., **Forman**, E. M., & Zhang, F. (2018, November). *Physical activity promotion during long-term behavioral weight loss: An RCT*. Poster presented at the annual meeting of The Obesity Society, Nashville, TN.
94. **Forman**, E. M., *Kerrigan, S. G., *Dallal, D. H., *Moskow, D. M., Butryn, M. L., Juarascio, A. S., Manasse, S. M., & Ontanon, S. (2018, November). *Artificial intelligence optimizes weight loss coaching via continuously-monitored digital data*. Poster presented at the annual meeting of The Obesity Society, Nashville, TN.
95. **Forman**, E. M., *Kerrigan, S. G., *Moskow, D. M., *Dallal, D. H., Juarascio, A. S., Butryn, M. L., & Manasse, S. M. (2018, Nov.). Using Reinforcement Learning to Optimize Level of Supportive Accountability in a Weight Loss Intervention. In C. McLean (chair), *McLean Symposium: Amount/quality of support in tech interventions*. Paper presented at the 52nd Annual Convention of the Association for Behavioral and Cognitive Therapies, Washington, D.C.
96. **Forman**, E. M., Butryn, M. L., Manasse, S. M., Crosby, R. D., *Dallal, D. H., & *Crochiere R. J. (2018, November). *RCT of acceptance-based behavioral treatment for obesity: Weight and quality of life across 3 years*. Poster presented at the annual meeting of The Obesity Society, Nashville, TN.
97. **Forman**, E. M., Manasse, S. M., *Dallal, D. H., Butryn, M. L., Juarascio, A. S., *Crochiere, R. J., *Loyka, C. M., Dochat, C., & Houben, K. (2018, November). *Computerized neurocognitive training for improving dietary health and facilitating weight loss*. Paper presented at the annual meeting of The Obesity Society, Nashville, TN.
98. *Loyka, C. M., *Dallal, D. H., & **Forman**, E. M. (2018, November). *Characterizing dietary compensation in a sugar-restricted dietary intervention*. Poster presented at the annual meeting of The Obesity Society, TN
99. *Schumacher, L. M., Godfrey, K. M., **Forman**, E. M., & Butryn, M. L. (2018, November). *How does acceptance-based behavioral treatment improve weight loss among African American adults?* Poster presented at the annual meeting of The Obesity Society, Nashville, TN
100. **Forman**, E. F., Kerrigan*, S. G., Juarascio, A. S., Manasse*, S. M., Ontanon, S., Dallal*, D. H., Crochiere*, R. J., & Butryn, M. L. (2018, October). Applying the engineering system of reinforcement learning to the optimize the treatment of eating and weight disorders. Paper presented at the Eating Disorders Research Society Annual Meeting, Sydney, Australia.
101. Manasse, S. M., Juarascio, A. S., *Dallal, D. H., *Crochiere, R. J., Butryn, M. L., & **Forman**, E. M. (2018, October). *Novel methods of enhancing inhibitory control in eating and weight disorders: gamification and virtual reality*. Paper presented at the Eating Disorders Research Society Annual Meeting. Sydney, Australia.
102. *Kaye, J. L., Glass, M., Suzuki, N., Asnaani, A., Herbert, J., & **Forman**, E. (2018, April). Demographic and clinical factors impact therapists' beliefs about exposure therapy. Poster presented at the 38th annual convention of the Anxiety and Depression Association of America, Washington, DC.
103. Manasse, S. M., *Dallal, D., *Crochiere, R., Lieber, E., *Schumacher, L. M., *Goldstein, S. P., Crosby, R. D., Butryn, M. L., & **Forman**, E. M. (2018, April). *Do impulsivity and loss-of-control eating moderate the relationship between internal states and dietary*

lapses? An EMA Study. Paper presented at the Society for Behavioral Medicine Annual Meeting, New Orleans, LA.

104. *Moskow, D. M., *Manasse, S. M., Butryn, M. L., and **Forman**, E. M. (2018, April). *Not just for weight loss: A comparison of acceptance based and standard behavioral treatment in improving quality of life and mood.* Poster presented at the 38th annual convention of the Anxiety and Depression Association of America, Washington, D.C.
105. Butryn, M. L., Zhang, F., Remmert, J. E., Roberts, S. R., & **Forman**, E. M. (2018, April). *Baseline Executive Functioning Predicts Weight Loss and Physical Activity Outcomes in A Lifestyle Modification Program.* Poster presented at the 39th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, New Orleans, LA.
106. *Crochiere, R. J., *Manasse, S. M., Butryn, M. L., & **Forman**, E. M. (2018, April). *Executive function moderates the relation between momentary affective and physical states and subsequent dietary lapses.* Poster presented at the Society of Behavioral Medicine, New Orleans, L.A.
107. *Dallal, D. H., Shaw Tronieri, J., *Manasse, S. M., & **Forman**, E. M. (2018, April). *Development of a measure of values clarity in a behavioral weight loss-seeking sample.* Poster presented at the Society of Behavioral Medicine Annual Meeting. New Orleans, LA.
108. *Evans, B. C., *Martin, G. J., *Everett, V. S., & **Forman**, E. M. (2018, April). *Time is of the essence: The importance of session length to outcomes in behavioral weight loss treatment.* Poster presented at the 39th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine. New Orleans, LA.
109. *Goldstein, S. P., *Martin, G. J., Turner, McGrievy, G. M., Foster, G. D., Thomas, J. G., Butryn, M. L., Herbert, J. D., & **Forman**, E. M. (2018, April). *Comparing effectiveness and user behaviors between two versions of a just-in-time adaptive intervention for weight loss.* Poster presented at the 39th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, New Orleans, LA.
110. **Forman**, E. M., Butryn, M. L., *Manasse, S. M., Crosby, R. D. (2018, April). *Acceptance-based versus Standard Behavioral Treatment for Obesity: Weight Loss, Regain and Quality of Life Across 3 Years.* Poster presented at the 39th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, New Orleans, LA.
111. **Forman**, E. M., *Goldstein, S. P. Zhang, F., Butryn, M. L., Juarascio, A. S., *Manasse, S. M., *Martin, G. J. (2018, April). *OnTrack: Can a Smartphone-based Just-time Adaptive Intervention Improve Weight Loss Outcomes?* Poster presented at the 39th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, New Orleans, LA.
112. **Forman**, E. M., *Kerrigan, S. G., Juarascio, A. S., Butryn, M. L., *Moskow, D. M., *Manasse, S. M. (2018, April). *Using Reinforcement Learning Optimization to Achieve Maximum Cost-Effectiveness of Weight Loss Interventions.* Poster presented at 39th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine. New Orleans, LA.
113. *Lieber, E. W., *Goldstein, S. P., *Martin, G. M., **Forman**, E. M., Butryn, M. L., Juarascio, A. S. (2018, April). *Can just-in-time adaptive interventions improve self-*

- efficacy to prevent dietary lapses?* Poster presented at 39th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine. New Orleans, LA.
114. Remmert, J. E., *Kerrigan, S., Convertino, A., Call, C. C., **Forman**, E. M., Butryn, M. L. (2018, April). *Happy Holidays? Investigating the Relationship between Holiday Season and Behavioral Weight Loss Outcomes*. Poster presented at the 39th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, New Orleans, LA.
 115. *Manasse, S. M., Crosby, R. D., Murray, H. B., & **Forman**, E. M. (2018, April). *Does momentary distress tolerance moderate the relation between negative affect and subsequent loss-of-control eating? An EMA study*. Paper presented at the International Conference on Eating Disorders. Chicago, IL.
 116. *Martin, G. J., *Goldstein, S. P., Butryn, M. L., Juarascio, A. S., **Forman**, E. M. (2018, April). *Preventing dietary lapses in social situations: the power of a just-in-time adaptive intervention for weight loss*. Poster presented at the 39th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, New Orleans, LA.
 117. *Manasse, S. M., Crosby, R. D., Murray, H. B., & **Forman**, E. M. (2018, April). *Time-varying distress tolerance and its role in problematic eating behavior: A study using ecological momentary assessment*. Poster presented at the 39th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, New Orleans, LA.
 118. *Moskow, D. M., *Manasse, S. M., Butryn, M. L., and **Forman**, E. M. (2018, April). *The multi-faceted effects of acceptance-based behavioral treatment on depression, emotional eating and quality of life*. Poster presented at the 39th Annual meeting and Scientific Sessions of the Society of Behavioral Medicine, New Orleans, LA.
 119. Sininsky, S. M., Roberts, S. R., Call, C. C., **Forman**, E. M., & Butryn, M. L. (2018, April). *Enjoyment of Physical Activity as a Predictor of Greater Weight Loss*. Poster presented at the 39th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, New Orleans, LA.
 120. *Everett, V. S., *Manasse, S. M., *Martin, G. J., Butryn, M. L., **Forman**, E. M. (2017, November). *How accurate are assessments of binge eating in a weight loss seeking sample? An examination of concordance rates among three measures*. Association for Behavioral and Cognitive Therapies annual conference, Obesity and Eating Disorders special interest group submission. San Diego, CA.
 121. *Evans, B. C., *Everett, V., Legacy, M., **Forman**, E. M., (2017, November). *Outcomes in behavioral weight loss treatment programs for individuals with and without binge eating disorder: A systematic review and meta-analysis*. Poster presented at the 51st annual meeting of the Association for Behavioral and Cognitive Therapies, San Diego, CA.
 122. Convertino, A. D., Call, C. C., *Kerrigan, S. G., Butryn, M. L., & **Forman**, E. M. (2017, November). *Incidence and Outcomes of Exposure to Trauma in a Behavioral Weight Loss Sample*. Poster presented at the 51st annual meeting of the Association for Behavioral and Cognitive Therapies, San Diego, CA.
 123. Forman, E. M., Manasse, S. M., Butryn, M. L., Crosby, R. C., Wyckoff, E., Martin, G. J. (2017, November). *Acceptance-Based vs Standard Behavioral Treatment for Obesity: Process and Outcomes*. In Kaye, J. (Chair), *Acceptance-based treatments in the context of established evidence-based interventions: Differential effects on behavior, quality of life, and symptoms*. Symposium presented at the 51st annual convention of the Association for Behavioral and Cognitive Therapies, San Diego, CA.

124. Herbert, J. D., **Forman**, E. M., *Kaye, J. L., *Gershkovich, M., Goetter, E., Yuen, E. K., Glassman, L., *Goldstein, S., Hitchcock, P., Tronieri, J. S., Berkowitz, S., & Marando-Blanck, S. (2017, November). *Randomized controlled trial of acceptance and commitment therapy versus traditional cognitive behavior therapy for social anxiety disorder: Symptomatic and behavioral outcomes*. In Kaye, J. (Chair), *Acceptance-based treatments in the context of established evidence-based interventions: Differential effects on behavior, quality of life, and symptoms*. Symposium presented at the 51st annual convention of the Association for Behavioral and Cognitive Therapies, San Diego, CA.
125. Butryn, M. L., **Forman**, E. F., Zhang, F., Lowe, M. R., & Gorin, A. (2017, October). *Environmental and acceptance-based behavioral weight loss: Mechanisms and long-term outcomes*. Poster presented at the annual meeting of the Obesity Society, Washington, D.C.
126. *Manasse, S. M., *Everett, V., *Moskow, D., Wonderlich, S., **Forman**, E. M. (2017, September). *Moods, Tudes, and Foods: A systematic review of laboratory-based mood induction in eating disorders samples*. Poster presented at the 23rd Annual Meeting of the Eating Disorders Research Society. Leipzig, Germany.
127. Call, C. C., Clark, M. H., Convertino, A. D., Lowe, M. R., **Forman**, E. M., Butryn, M. L. (2017, June). *Pre-Treatment Weight Suppression, Eating Pathology, Depressive Symptoms, and Weight Outcomes in a Behavioral Weight Loss Program*. Poster presented at the 2017 International Conference on Eating Disorders, Prague, Czech Republic.
128. *Manasse, S. M., *Schumacher, L. M., *Goldstein, S. P., Crosby, R. D., Butryn, M. L., & **Forman**, E. M. (2017, June). *Impulsivity impacts the relationship between affective and physical changes and dietary lapses: An EMA study*. Poster presented at the Society for Behavioral Medicine Annual Meeting. San Diego, CA.
129. *Manasse, S. M., Espel, H. M., Schumacher, L. M., **Forman**, E. M., & Juarascio, A. S. (2017, March). *An examination of potential cognitive and affective mechanisms of change in acceptance-based treatment for binge eating*. In K. Vowles (chair), *Mechanisms of treatment change: Results from Acceptance and Commitment Therapy for chronic pain, weight loss, and binge eating*. Paper presented at the 38th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, San Diego, CA.
130. Arigo, D., *Schumacher, L. M., Butryn, M. L., & **Forman**, E. M. (2017, March). *Daily Social Comparisons, Weight Loss, and Physical Activity Consistency in a Behavioral Weight Loss Program*. In Voils, C. (Chair), *Examining Root Contributors to Weight Control: Applying Social Psychological Theories in Weight Management Programs*. Symposium conducted at the 2017 annual meeting of the Society of Behavioral Medicine, San Diego, C.A.
131. Call, C. C., *Schumacher, L. M., Remmert, J. E., **Forman**, E. M., Butryn, M. L. (2017, March). *Feasibility, Acceptability, and Initial Outcomes of a Networked Behavioral Weight Loss Program*. Paper presented at the 38th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, San Diego, CA.
132. *Dochat, C., *Goldstein, S., *Evans, B., **Forman**, E., Wojtanowski, A., Foster, G. (2017, March). *An Examination of Dietary Composition Preceding Lapses from a Weight Control Diet*. Poster presented at the 38th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, San Diego, CA.

133. *Dochat, C., *Goldstein, S., **Forman**, E., Butryn, M., *Manasse, S., Crosby, R., Thomas J.G. (2017, March). *Physical, emotional and situational predictors of dietary lapses in weight loss treatment*. Paper presented at the 38th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, San Diego, CA.
134. *Evans, B. C., *Goldstein, S. P., *Dochat, C. L., **Forman**, E. M., Wojtanowski, A. C., and Foster, G. D. (2017, March). How Do Dietary Lapses Impact Weight Loss? Examination of Lapses and Energy Intake. Poster presented at the 38th Annual Meeting and Scientific Sessions of the Society for Behavioral Medicine, San Diego, CA.
135. **Forman**, E. M., Butryn, M. L., *Manasse, S. M., Crosby, R. D., Thomas, J. G. (2017, March). Understanding Lapses and Impulse Management in Diet and Obesity. In *Acceptance-based Behavioral Treatment Outperforms Standard Behavioral Treatment at Post-Treatment and Long-Term Follow-up*. Paper presented at the 38th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, San Diego, CA.
136. **Forman**, E. M., *Goldstein, S. P., Abichandani, P., Zhang, F., *Evans, B. C., *Manasse, S. M., Juarascio, A. S., Butryn, M. L., *Martin, G. J. (2017, March). *Using Machine Learning and Just In Time Adaptive Intervention to Predict and Prevent Dietary Lapses: The DietAlert App*. Paper presented at the 38th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, San Diego, CA.
137. *Manasse, S. M., *Schumacher, L. M., *Goldstein, S. P., Crosby, R. D., Butryn, M. L., & **Forman**, E. M. (2017, March). *Loss-of-control eating and impulsivity moderate the relationship between triggers and dietary lapses: An EMA investigation*. Poster presented at the International Conference on Eating Disorders. Prague, Czech Republic.
138. *Schumacher, L. M., Clark, M., Convertino, A., **Forman**, E. M., & Butryn, M. L. (2017, March). *Obese adults' forecasted and actual experiences during physical activity: Is there a discrepancy?*. Poster presented at the 38th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, San Diego, CA.
139. *Wyckoff, E., *Manasse, S., Cornelius, T., Butryn, M., **Forman**, E. (2017, March) *The increasing effect of executive functioning on weight outcomes throughout behavioral weight loss and follow-up*. poster presented at the 38th Annual Meeting and Scientific Sessions of the Society for Behavioral Medicine, San Diego, CA.
140. **Forman**, E. M., Butryn, M. L., *Manasse, S. M., Crosby, R., *Wyckoff E., Thomas, J. G., & *Goldstein, S.P. (2016, November). *Acceptance-based Behavioral Treatment Produces Greater Weight Loss at Post-Treatment and at 1-Year Follow-up*. Paper presented at The Obesity Society Annual Meeting 2016, New Orleans, LA.
141. McKay, D. (Chair), Chambless, D. L., **Forman**, E. M., Goldfried, M. R., Hollon, S., & Klonsky, D. F. (Panelists) (2016, October). *Applying the New Standards for Empirically Supported Treatments: Implications for CBT and Beyond*. Panel discussion presented at the 50th Annual Convention of the Association for Behavioral and Cognitive Therapies. New York City, NY.
142. *Evans, B. C., **Forman**, E. M., Butryn M. L., Arch J. J., *Bradley, L. E., Marando-Blanck, S., & Hayes, S. C. (2016, October). *A Randomized Controlled Trial Comparing Acceptance-Based and Standard Behavioral Treatment for Obesity: 1-Year Results of the Mind Your Health Project*. In B. C. Evans (Chair), Effectiveness of Mindfulness and Acceptance-Based Approaches to Obesity: Evidence from Small- and Large-Scale

- Trials. Symposium presented at the 50th Annual Convention of the Association for Behavioral and Cognitive Therapies. New York City, NY.
143. Karekla, M., Panayiotou, G. (Chairs), Hayes, S. C., **Forman**, E. M., Forsyth, J., Rosellini, A., & Farchione, T. (Panelists) (2016, October). *Beyond the DSM, Envisioning a Dimensional Future of Empirically Supported Processes to Understand and Treat Psychopathology*. Panel discussion presented at the 50th Annual Convention of the Association for Behavioral and Cognitive Therapies. New York City, NY.
 144. *Manasse, S. M., **Forman**, E. M., Zhang, F., *Espel, H. M., *Juarascio, A. S., *Flack, D., Dochat, C., Schumacher, L. M., Kerrigan, S. G., & Crosby, R. D. (2016, October). *Different facets of impulsivity predict treatment outcome in obesity and binge eating disorder*. Paper presented at the Eating Disorders Research Society Annual Meeting, New York, NY.
 145. *Wyckoff, E. P., *Manasse, S. M., **Forman**, E. M., & Butryn, M. L. (2016, October). *Neuropsychological predictors of weight gain one year after behavioral weight loss treatment*. Poster presented at the Eating Disorders Special Interest Group Exposition at the 50th Annual Convention of the Association for Behavioral and Cognitive Therapies, New York, NY
 146. Greenfield, A. P., **Forman**, E. M., *Kaye, J., Hershenberg, R., & Tolin, D. F. (2016, August). *The Division 12 Digital Resource Initiative for Empirically-Supported Treatments*. In Youngstrom, E.A. (Chair), Increasing global access to evidence-based assessment and treatment: A collaborative approach. Symposium presented at the 2016 Annual Meeting of the American Psychological Association, Denver, CO.
 147. *Manasse, S. M., *Wyckoff, E., **Forman**, E. M., & Crosby, R. D. (2016, May). *Developing behavioral measures to augment self-report assessment: Rationale and a case example*. Symposium presented at the International Conference on Eating Disorders, San Francisco, CA
 148. *Evans, B.C., **Forman**, E.F. (2016 April). *A meta-analysis of weight loss outcomes in individuals with binge eating disorder*. Poster presented at the Society for Behavioral Medicine Annual Meeting, Washington, D.C.
 149. **Forman**, E.M., Butryn, M.L., *Manasse, S.M., *Wyckoff, E. P., *Goldstein, S. P (2016, April) . *Acceptance-based behavioral weight loss treatment outperforms standard BT: Outcomes from the Mind Your Health study*. Paper presented at the 37th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Washington, D.C.
 150. **Forman**, E.M., *Goldstein, S.P., *Evans, B.C., *Manasse, S.M., Juarascio, A.S., Butryn, M.L., & *Tapera, T. (2016, April). A Preliminary Investigation of a Personalized Risk Alert System for Weight Control Lapses. In S.P. Goldstein (Chair), *Harnessing the Power of Predictive Learning to Promote Health Behavior Change: Developing and Testing Novel Technology*. Symposium presented at the 37th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Washington, D.C.
 151. *Goldstein, S.P., *Evans, B.C., *Tapera, T., **Forman**, E.M., & Butryn, M.L. (2016, April). Is prompting problematic?: Considerations for Long-term Ecological Momentary Assessment? Poster presented at the 37th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Washington, D.C.
 152. *Goldstein, S.P., Zhang, F, **Forman**, E.M., *Evans, B.C., Juarascio, A.S., *Manasse, S.M., & Butryn, M.L. (2016, April). Using Machine Learning to Predict Dietary Lapses

- from a Weight Loss Program. Poster presented at the 37th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Washington, D.C.
153. *Kaye, J. L., Marando-Blanck, S., Herbert, J., **Forman**, E., & Juarascio, A. (2016, April). The effects of goal setting and values interventions among college freshmen. In Boettcher, H. (Chair), *The best offense is a good defense: Brief programs for preventing anxiety, depression and maladjustment in undergraduates*. Symposium presented at the 36th annual convention of the Anxiety and Depression Association of America, Philadelphia, PA.
 154. *Manasse, S.M. (chair), **Forman**, E.M., Sherwood, N.E., Mama, S.K., & Magidson, J. (panelists) (2016, March). *Uncle Sam wants YOU to get an NIH Training Grant: Everything you need to know about applying for pre-doctoral grant funding*. Panel discussion presented at the Society for Behavioral Medicine Annual Meeting. Washington, DC.
 155. *Tapera, T. *Goldstein, S.P., *Evans, B.C., & **Forman**, E.M. (2016, April). Does Ecological Momentary Assessment Data Reflect Baseline Self-Report in Weight Loss Treatment? Poster presented at the 37th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Washington, D.C.
 156. Rosenbaum, D.L., *Schumacher, L.M., Schaumberg, K., Piers, A.D., Gaspar, M.E., Lowe, M.R., **Forman**, E.M., Butryn, M.L. Calorie highs and lows: How much does consistency matter in weight control? (2016, April). Poster presented at the 37th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Washington, D.C.
 157. *Wyckoff, E., *Dochat, C., Manasse, S., *Gosset, J., Butryn, M., **Forman**, E. (2016, April) *Predictors of caloric intake in overweight and obese individuals: Food cue sensitivity and inhibitory control*. Poster presented at the 37th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Washington, D.C.
 158. *Bradley, L. E., **Forman**, E. M., Kerrigan, S. G., *Goldstein, S. P., Butryn, M. L., Thomas J., G., Herbert, J. D., & Sarwer, D. S. (2015, November). *A Pilot Study to Assess Feasibility, Acceptability, and Effectiveness of a Remotely-Delivered Intervention to Address Weight Regain after Bariatric Surgery*. Paper presented at the annual meeting of the American Society for Metabolic and Bariatric Surgery, Los Angeles, CA.
 159. *Evans, B., **Forman**, E. *Manasse, S.M., *Goldstein, S.P.,*Schumacher, L.M., Butryn, M., *Wyckoff, E. (2015, November). *Baseline environmental and affective predictors of dietary lapse frequency early in behavioral weight loss treatment*. Poster presented at The Obesity Society Annual meeting 2015, Los Angeles, CA
 160. *Evans, B., **Forman**, E. *Manasse, S.M., *Goldstein, S.P.,*Schumacher, L.M., Butryn, M., *Wyckoff, E. (2015, November). *Susceptibility to food environment and affect predict dietary lapse frequency using ecological momentary assessment*. Paper presented at the Association for Behavioral and Cognitive Therapies Obesity and Eating Disorders SIG Meeting, Chicago, IL.
 161. **Forman**, E.M., Butryn, M.L., *Manasse, S.M., *Wyckoff, E. P., Goldstein, S. P. (2015, November) *Acceptance-based Behavioral Treatment Enhances Weight Loss Especially for Those With Greater Impulsivity*. Poster presented at The Obesity Society Annual meeting 2015, Los Angeles, CA.

162. **Forman**, E.M., Crosby, R., Schumacher, L. M, Goldstein, S. P, Butryn, M. L, Thomas J.G., *Wyckoff, E.P., Manasse, S.M. (2015, November). *Dietary lapses during behavioral weight loss: Characteristics and relationships with later success*. Paper presented at The Obesity Society Annual meeting 2015, Los Angeles, CA.
163. *Goldstein, S.P., *Wyckoff, E.P., Zhang, F., Butryn, M.L., **Forman**, E.M. (2015, November) *Uncovering the Mystery of Eating Choices: A Comparison of Multinomial Processing Tree Models*. Poster presented at The Obesity Society Annual meeting 2015, Los Angeles, CA.
164. *Kaye, J. L., Gershkovich, M., Herbert, J., & **Forman**, E. (2015, November). Clinicians' perceptions of the benefits and challenges of telemental health services. Poster presented at the 49th annual convention of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
165. *Kerrigan, S.K., Zhang, F., **Forman**, E.M., & Butryn, M.L., (2015, November). Predicting dropout from behavioral weight loss treatment. Poster presented at The Obesity Society Annual meeting 2015, Los Angeles, CA.
166. *Manasse, S.M., *Goldstein, S.P., *Wyckoff, E.P., **Forman**, E.M., Juarascio, A.S., Butryn, M.L., & Ruocco, A.C. (2015, November). Slowing down and taking a second look: inhibitory deficits associated with binge eating are not food-specific. Poster presented at the Obesity Society Annual meeting 2015, Los Angeles, CA.
167. *Schumacher, L. M., Schaumberg, K., Rosenbaum, D. L., Piers, A., Kase, C., **Forman**, E. M., Lowe, M. R., & Butryn, M. L. (November, 2015). Negative reinforcement eating expectancies mediate the relation between experiential avoidance and eating-related disinhibition among obese, treatment-seeking adults. Poster presented at the 49th Annual Convention of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
168. *Shaw, J.A., **Forman**, E.M., *Espel, H.M., Butryn, M.L., Herbert, J.D., Lowe, M.R., & Nederkoorn, C. (2015, November). *The effect of evaluative conditioning on implicit attitudes and consumption of sugar-sweetened soft drinks*. Poster presented at The Obesity Society Annual meeting 2015, Los Angeles, CA.
169. *Wyckoff, E.P., *Manasse, S.M., *Evans, B.C., **Forman**, E.M., Butryn, M.L (2015, November). *Neurocognitive predictors of fruit, vegetable, and saturated fat intake*. Poster presented at the Eating Disorders Special Interest Group Exposition at the 49th Annual Convention of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
170. *Wyckoff, E.P., *Manasse, S.M., **Forman**, E.M., Butryn, M.L. (2015, November). *For whom is weekly accountability necessary? Neuropsychological predictors of weight change in the second phase of behavioral weight loss*. Paper presented at the Obesity Society Annual meeting 2015, Los Angeles, CA.
171. Juarascio, A.S., *Manasse, M.S., *Espel, H., *Schumacher, L., Kerrigan, S., **Forman**, E.M., Lowe, M. (September 2015). Weight Suppression as a Predictor of Treatment Outcome in Patients with Binge Eating Disorder. Poster presented at the Eating Disorders Research Society Annual Meeting. Taormina, Sicily.
172. *Manasse, S.M., *Goldstein, S.P., *Wyckoff, E.P., **Forman**, E.M., Juarascio, A.S., Butryn, M.L., Ruocco, A.C., & Engel, S. (September, 2015). Are Inhibitory Control Deficits in Individuals with Binge Eating Pathology General or Stimuli-Specific? Poster

- presented at the Eating Disorders Research Society Annual Meeting. Taormina, Sicily.
173. Tolin, D., **Forman**, E., McKay, D., Klonsky, E., Thombs, B. (May, 2015). *Towards a new definition of empirically supported psychological treatment*. Forum presented at the 27th annual meeting of the Association for Psychological Science, New York, NY.
 174. Butryn, M.L. (Chair), **Forman**, E.M., Keefe, F.J., McAuley, E., Sherwood, N.E., & Stevens, V.J. (panelists). (April, 2015). *Building and managing a Clinical Research Team*. Panel discussion presented at the 36th annual meeting of the Society of Behavioral Medicine, San Antonio, TX.
 175. **Forman**, E.M., *Schumacher, L.M., *Manasse, S.M., Butryn, M.L. (2015, April). *Early Dietary Lapse Frequency Predicts 12-Month Success in a Behavioral Weight Loss Program*. Paper presented at the 36th annual meeting of the Society of Behavioral Medicine, San Antonio, TX.
 176. *Goldstein, S.P., **Forman**, E.M., Butryn, M.L., Juarascio, A.S., & *Manasse, S.M. (2015, April). *Is Negative Urgency Contributing to Weight Loss Treatment Failure?* Poster presented at the 36th annual meeting of the Society of Behavioral Medicine, San Antonio, TX.
 177. Juarascio, A.S., *Manasse, S., *Espel, H., *Schumacher, L., *Kerrigan, S., & **Forman**, E.F. (2015, April). *Feasibility, Acceptability, and Preliminary Efficacy of an Acceptance-Based Group Treatment for Binge Eating Disorder*. Poster presented at the International Conference on Eating Disorders Annual Meeting. Boston, MA.
 178. Kase, C., Piers, A.D., Schaumberg, K., **Forman**, E.M., & Butryn, M.L. (2015, April). *Alcohol use, disinhibition, and treatment outcome in overweight and obese adults*. Poster presented at the International Conference on Eating Disorders, Boston, MA.
 179. *Manasse, S.M., **Forman**, E.M., Juarascio, A.S., & Butryn, M.L. (2015, April). *Planning binge episodes: A viable construct for examining binge eating severity?* Poster presented at the International Conference on Eating Disorders Annual Meeting. Boston, MA.
 180. *Manasse, S.M., **Forman**, E.M., Ruocco, A.C., Butryn, M.L., Juarascio, A.S., & Fitzpatrick, K.K. (2015, April). *Do executive functioning deficits underpin binge eating disorder? A comparison of overweight women with and without binge eating pathology*. Paper presented at the International Conference on Eating Disorders Annual Meeting. Boston, MA.
 181. *Manasse, S.M., Juarascio, A.S., *Schumacher, *L.M., Espel, H.M., & **Forman**, E.M. (2015, April). *An examination of neuropsychological predictors of response to treatment for binge eating disorder*. Poster presented at the International Conference on Eating Disorders Annual Meeting. Boston, MA.
 182. *Schumacher, L.M., *Manasse, S.M., Juarascio, A.S., *Espel, H., & **Forman**, E.M. (April, 2015). *Differences in Illness Severity and Treatment Response by Weight Status among Binge Eating Patients*. Poster presented at the 36th annual meeting of the Society of Behavioral Medicine, San Antonio, TX.
 183. *Wyckoff, E., *Schumacher, L., *Manasse, S., Schaumberg, K., **Forman**, E., Butryn, M., Lowe, M. (April, 2015). *An examination of weight suppression as a predictor of outcomes in behavioral weight loss treatment*. Poster presented at the 36th annual meeting of the Society of Behavioral Medicine, San Antonio, TX.

184. Schaumberg, K., Butryn, M.L., Lowe, M., Gorin, A.A., & **Forman, E.** (April, 2015). *Power of food moderates the relationship between an obesogenic home environment and caloric intake.* Poster presented at the 36th annual meeting of the Society of Behavioral Medicine, San Antonio, TX.
185. *Wyckoff, E., *Bomysoad, R., *Manasse, S., **Forman, E.**, & Butryn, M. (March 2015). *Food cue responsivity, impulsivity and acceptance in overweight individuals with loss-of-control eating.* Poster presented at 86th annual meeting of the Eastern Psychological Association. Philadelphia, PA.
186. Arigo, D., *Schumacher, L.M., Butryn, M.L., **Forman, E.** (2014, November). *Daily social comparison and initial weight loss among participants in a behavioral weight loss program.* Poster presented at the Health Psychology/Behavioral Medicine Special Interest Group Exposition at the 48th Annual Convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
187. Butryn, M.L., Arigo, D., Raggio, G.A., Colasanti, M., Pinkasavage, E., & **Forman, E.M.** (2014, November). *Next Steps: A pilot study of innovative lifestyle modification for midlife women.* Poster presented at the annual meeting of the Obesity Society, Boston, MA.
188. Butryn, M.L., Kerrigan, S.G., Arigo, D., Raggio, G.A., **Forman, E.** (2014, November). *Project ImPACT: A pilot test of an acceptance-based approach to physical activity during weight loss maintenance.* Poster presented at the Health Psychology/Behavioral Medicine Special Interest Group Exposition at the 48th Annual Convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
189. **Forman, E.M.**, *Goldstein, S.P., *Manasse, S.M., Butryn, M.L., Juarascio, A.S., *Espel, H.M. (2014, November). *TakeControl: A smartphone app for binge eating disorder.* In M. L. Butryn (Chair), Innovative uses of technology to enhance intervention in the domains of binge eating, obesity and physical activity. Symposium presented at the 48th Annual Convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
190. *Gershkovich, M., Herbert, J. D., Forman, E. M., *Schumacher, L. M., & *Fischer, L. (November 2014). *The role of therapist support in an Internet self-help intervention for social anxiety disorder.* In G. Diefenbach (Chair), Tele-CBT: Efficacy, Predictors, and Challenges When Using the Internet to Deliver Cognitive-Behavior Therapy. Paper presented at the 48th Annual Convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
191. Glassman, L.M., *Schumacher, L.M., Ibrahim, A., Strohmaier, H., Forman, E., Herbert, J.D., *Goldstein, S.P. (2014, November). *Effects of a brief acceptance-based behavior therapy versus traditional cognitive behavior therapy for public speaking anxiety.* Poster presented at the 48th Annual Convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
192. *Kerrigan, S.G., Butryn, M.L., **Forman, E.**, Thomas, J. (2014, November). *Novel predictors of physical activity intention among individuals in a weight loss program.* Poster presented at the Treatments and Health Psychology Special Interest Group Exposition at the 48th Annual Convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

193. McKay, D. (Chair), Tolin, D., Klonsky, D., **Forman**, E., DiGuiseppe, R., Goldfried, M., Ollendick, T. (Panelists). (2014, November). *Addressing Controversies in Empirically Supported Treatments: New Standards on the Horizon?*. Panel presentation at the 48th Annual Convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
194. *Manasse, S.M., **Forman**, E.M., Juarascio, A.S., Butryn, M.L., & Ruocco, A.C. (2014, November) *An examination of neuropsychological deficits in overweight women with binge eating disorder*. poster presented at the Obesity Society Annual Meeting. Boston, MA.
195. *Manasse, S.M., **Forman**, E.M., Juarascio, A.S., Butryn, M.L., & Ruocco, A.C. (2014, November). *Food reward sensitivity, implicit attitudes, and delayed discounting as predictors of binge eating*. Poster presented at the Obesity Society Annual Meeting. Boston, MA.
196. *Manasse, S.M., **Forman**, E.M., Ruocco, A.C., Butryn, M.L., Juarascio, A.S., & Fitzpatrick, K.K. (2014, November). *An Investigation of the Neurocognitive Profile of Binge Eating Disorder*. Paper to be presented at the Association for Behavioral and Cognitive Therapies Obesity and Eating Disorders SIG Meeting. Philadelphia, PA.
197. *Manasse, S.M., Juarascio, A. S., **Forman**, E., Butryn, M., Lejuez, C. (2014, November). *Balloon analogue risk task as a predictor of loss-of-control eating and binge episodes in a treatment-seeking sample of overweight and obese women*. Poster presented at the Eating Disorders Special Interest Group Exposition at the 48th Annual Convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
198. *Matteucci, A.J., Berner, L.A., *Kerrigan, S.G., **Forman**, E., Butryn, M.L. (2014, November) Decision-making impairment predicts weight loss outcome. Poster presented at the Health Psychology/Behavioral Medicine Special Interest Group Exposition at the 48th Annual Convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
199. *Matteucci, A.J., Butryn, M.L., **Forman**, E.M., Raggio, G.A., Mikorski, R., *Kerrigan, S.G. (2014 November). *Decision-making ability predicts success in behavioral intervention for physical activity promotion*. Poster presented at the Health Psychology/Behavioral Medicine Special Interest Group Exposition at the 48th Annual Convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
200. *Matteucci, A.J., *Manasse, S.M., **Forman**, E., *Frohn, A.F., Berner, L.A., Ruocco, A. Butryn, M.L. (2014, November). *Comparing executive functioning in obese patients and normal weight controls: Implications for approaches to treatment*. Poster presented at the Health Psychology/Behavioral Medicine Special Interest Group Exposition at the 48th Annual Convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
201. *Schumacher, L. M., *Glassman, L. H., *Ibrahim, A., *Strohmaier, H. N., *Goldstein, S. P., **Forman**, E. M., & Herbert, J. D. (2014, November). *Psychological acceptance and cognitive defusion predict speech performance among individuals with public speaking anxiety*. Poster presented at the Anxiety Disorders Special Interest Group Exposition at the 48th Annual Convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

202. *Schumacher, L. M., **Forman**, E. M., Butryn, M. L., & Arigo, D. (2014, November). *Ecological momentary assessment of dietary lapse experiences among overweight and obese adults in a behavioral weight loss study*. Poster presented at the Obesity Society's Annual Meeting during ObesityWeek. Boston, MA.
203. *Schumacher, L. M., **Forman**, E. M., Butryn, M. L., Thomas, J. G., & Crosby, R. C. (2014, November). *Development and use of a smartphone app for ecological momentary assessment in a sample of treatment-seeking obese adults: A discussion of utility, validity, and challenges*. In M. L. Butryn (Chair), Innovative uses of technology to enhance intervention in the domains of binge eating, obesity and physical activity. Symposium presented at the 48th Annual Convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
204. *Strowger, M., Juarascio, A.S., Mattucci, A.J., **Forman**, E.M., & Herbert, J.D. (2014, June). *Body Image Flexibility as a Predictor of Eating Pathology*. Poster presented at Association for Contextual Behavioral Science World Conference 12. Minneapolis, MN.
205. Butryn, M.L. & **Forman**, E.M. (2014, April). *Acceptance-Based Behavioral Intervention for Health-Related Behavior Change: Theory and Clinical Applications*. Seminar presented at the 35th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Philadelphia, PA.
206. **Forman**, E.M., *Martin, L.M., *Shaw, J.A., Butryn, M.L., *Goldstein, S.P., *Juarascio A.S, *Manasse, S.M., *Tilson, A.M., *Bradley, L.E., *Ibrahim, A.Y., & *Schumacher, L.M. (2014, April). Technology-Assisted Interventions for Binge Eating and Overconsumption of Snack Foods. In S.P. Goldstein (Chair), *Challenges and Considerations in creating Ecological Momentary Interventions for Disordered Eating Behaviors*. Symposium presented at the 35th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Philadelphia, PA.
207. *Manasse, S.M., Matteucci, A.J., Berner, L.A., *Kerrigan, S.G., **Forman**, E.M., Butryn, M.L., & Ruocco, A.C. (2014, April) *Weight Status and outcome in behavioral weight loss interventions: What can cognitive neuroscience tell us that the client cannot?* Poster presented to the Society of Behavioral Medicine Annual Meeting.
208. Juarascio, A.S., *Manasse, S.M., *Goldstein, S.P., **Forman**, E.M., Butryn, M.L. (2014, April). *Smartphone-delivered Intervention for Binge Eating Disorder*. Poster presented to Society of Behavioral Medicine Annual Meeting.
209. **Forman**, E. F., Butryn, M.L., *Juarascio, A. S., *Manasse, S.M., *Goldstein, S.P., Naik, G., Segall, J. (2014, March). *Utilizing ecological momentary intervention to enhance and disseminate CBT: The development of TakeControl, a smartphone app for the treatment of binge eating disorder*. Poster presented at the International Conference on Eating Disorders, New York City, NY.
210. *Manasse, S.M., **Forman**, E.M., Juarascio, A.S., *Espel, H.M., *Schumacher, L.M., Butryn, M.L., Fitzpatrick, K.K., & Ruocco, A.C (2014, April). *An Investigation of the Neurocognitive Profile of Binge Eating Disorder: Preliminary Findings*. Paper presented at the AED International Conference on Eating Disorders Neuropsychology SIG Meeting. New York, NY.
211. *Manasse, S.M., **Forman**, E.M., Berner, L.A., Butryn, M.L., Frohn, A.F., & Ruocco, A.C. (2014, March). *Working Memory Capacity and Distress Tolerance as Predictors of Lab-based Eating Behavior in Overweight and Obese Women with Loss-of-Control*

- Eating*. Poster presented at the International Conference on Eating Disorders, New York City, NY.
212. *Matteucci, A.J., *Juarascio, A.S., *Schumacher, L.M., **Forman**, E.M., & Herbert, J.D. (2014, March). *Perseveration as a potential mediator of body-image dissatisfaction and eating pathology*. Poster presented at the International Conference on Eating Disorders, New York City, NY.
 213. *Bradley, L. E., **Forman**, E. M., Sarwer, D. B., Butryn, M. L., & Herbert, J. D. (November, 2013). *Behavioral interventions to stop weight regain in bariatric surgery patients: Patient attitudes and preliminary effectiveness*. Poster presented at the 47th annual meeting of The Association for Cognitive and Behavior Therapies, Nashville, Tennessee.
 214. **Forman**, E. M., *Martin, L. M., *Shaw, J. A., Butryn, M. L., *Goldstein, S. P., Tilson, A. M., *Bradley, L. E., *Ibrahim, A. Y., *Manasse, S. M., *Schumacher, L. M., Meiran, N. (2013, November). *Mindful Awareness Training versus Computer-Based Inhibitory Control-Training for Decreasing Hedonic Eating*. Poster presented at the 31st annual scientific meeting of The Obesity Society, Atlanta, GA.
 215. *Gershkovich, M., *Glassman, L. H., *Ibrahim, A. Y., Herbert, J. D., & **Forman**, E. M. (2013, November). *Clinicians' attitudes toward and experiences with telemental health services*. Poster presented at the 47th annual meeting of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
 216. *Gershkovich, M., Herbert, J. D., & **Forman**, E. M. (2013, November). *A novel Internet guided self-help intervention for social anxiety disorder: Development and pilot data*. In M. M. Carper (Chair), *New directions in computer-based psychological interventions: How we got there and where we are going*. Symposium presented at the 47th Annual Convention of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
 217. *Glassman, L. H., **Forman**, E. M., *Bradley, L. E., Herbert, J. D., Izzetoglu, M., Ruocco, A. C. (2013, November). *Brief traditional cognitive-behavior therapy vs. acceptance based behavior therapy for public speaking anxiety: Differential effects on performance and neurophysiology*. In J. Arch (Chair), *ACT and CBT for anxiety: Comparing process and outcome within brief interventions*. Symposium presented at the 47th annual convention of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
 218. *Glassman, L. *Gershkovich, M., *Ibrahim, A., Herbert, J. D. & **Forman**, E. M. (November, 2013). *The Impact of theoretical orientation, professional degree, and discipline on the utilization of telemental health platforms*. Poster presented at the 47th annual meeting of The Association for Cognitive and Behavior Therapies, Nashville, Tennessee.
 219. *Glassman, L., *Shaw, J. A., *Talkul, A., Herbert, J. D., Izzetoglu, M., & **Forman**, E. M. (November, 2013). *Using near-infrared spectroscopy to measure in-vivo functional activation of the prefrontal cortex during speech performance in adults with generalized social anxiety disorder*. Poster presented at the 47th annual meeting of The Association for Cognitive and Behavior Therapies, Nashville, Tennessee.
 220. *Goldstein, S. P., **Forman**, E. M., Butryn, M. L., *Frohn, A. F., & Herbert, J. D. (2013, November). *Distress tolerance moderates the relationship between implicit attitudes and overeating*. Poster presented at the 47th annual meeting of the Association for Behavioral and Cognitive Therapies, Nashville, Tennessee.

221. *Ibrahim, A. Y., Herbert, J., **Forman**, E., Kira, I., & Arnetz, B. (2013, November). *An examination of the prevalence and suggestibility of PTSD in a highly-traumatized sample of Iraqi refugees: a culturally-sensitive mixed-methods analysis*. Poster presented at the 47th annual meeting of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
222. *Juarascio, A. S., *Kerrigan, S. G., *Goldstein, S. P., *Shaw, J. A., **Forman**, E. M., Butryn, M.L., Herbert, J.D. (2013, November). *Baseline Eating Disorder Severity Predicts Response to an Acceptance and Commitment Therapy-based Group Treatment* . Poster presented at the 47th annual meeting of the Association for Behavioral and Cognitive Therapies, Nashville, Tennessee.
223. *Manasse, S., **Forman**, E.M. *Frohn, A.F, *Matteucci, A.J., Ruocco, A., & Butryn, M.L. (November, 2013). *Overweight individuals with and without loss of control eating: An examination of differences in neurocognitive ability*. Poster presented at the 47th annual meeting of The Association for Cognitive and Behavior Therapies, Nashville, Tennessee.
224. *Manasse, S., **Forman**, E.M. *Frohn, A.F, *Matteucci, A.J., Ruocco, A., & Butryn, M.L. (November, 2013). *Neurocognitive performance as a predictor of early response to behavioral weight loss treatment*. Poster presented at the 47th annual meeting of The Association for Cognitive and Behavior Therapies, Nashville, Tennessee.
225. **Forman**, E.M., *Martin, L.M., *Shaw, J.A., Butryn, M.L., *Goldstein, S.P., Tilson, A.M., *Bradley, L.E., *Ibrahim, A.Y., & *Schumacher, L.M (November, 2013). *Mindful Awareness Training Versus Computer-Based Inhibitory Control-Training for Decreasing Hedonic Eating*. Poster presented at the 31st annual meeting of The Obesity Society, Atlanta, Georgia.
226. *Bradley, L. E., **Forman**, E. M., Sarwer, D. B., Butryn, M. L., & Herbert, J. D. (2013, November). A Role for Acceptance-Based Interventions to Stop Weight Regain in Bariatric Surgery Patients. Poster presented at Obesity Week, Atlanta, GA.
227. *Matteucci, A.J., Berner, L.A., Kerrigan, S.G., **Forman**, E.M., & Butryn, M.L. (2013, November). *Decision-making impairment predicts weight-loss outcome*. Poster presented at the 31st annual meeting of The Obesity Society The Obesity Society, Atlanta, GA.
228. *Manasse, S.M., **Forman**, E.M., *Goldstein, S.P., Berner, L.A., Ruocco, A.C., Butryn, M.L., & Frohn, A.F. (2013, November) *Executive function and implicit attitudes as predictors of early outcome in a behavioral weight loss intervention*. Poster presented at the Obesity Society annual meeting. Atlanta, GA.
229. *Kerrigan, S.G., Butryn, M.L., **Forman**, E.M. (2013, November). Individual differences in physical activity and weight losses within a behavioral weight loss program. Poster presented at the annual convention of The Obesity Society, Atlanta, GA.
230. *Manasse, S.M., *Goldstein, S.P., **Forman**, E.M., Berner, L.A., Butryn, M.L., & Ruocco, A.C. (2013, November) *Does implicit attraction to high calorie foods moderate the relationship between executive function and BMI?* Poster presented at the Obesity Society annual meeting. Atlanta, GA.
231. *Goldstein, S.P., *Manasse, S.M., **Forman**, E.M., Berner, L.A., Butryn, M.L., & *Frohn, A. (2013, November). The Power of Food: Relationships between delay discounting and eating behavior. Poster presented at the 31st annual meeting of The Obesity Society, Atlanta, Georgia.

232. *Goldstein, S.P., **Forman**, E.M., Butryn, M.L., & Herbert, J.D. (2013, November). Building an Innovative Physical Activity Program for College Students. Poster presented at the 31st annual meeting of The Obesity Society, Atlanta, Georgia.
233. *Gershkovich, M., Herbert, J. D., & **Forman**, E. M. (May, 2013). The unique challenges of developing a low-cost, exposure-based Internet self-help intervention for social anxiety disorder. Poster presented at the 6th Scientific Meeting of the International Society for Research on Internet Interventions, Chicago, IL.
234. Butryn, M.L., *Matteucci, A.J., **Forman**, E.M., Raggio, G., Mikorski, R., & Kerrigan, S.G. (2013, March). *An experimental pilot test of an acceptance-based physical activity intervention*. Poster presented at the annual meeting of the Society for Behavioral Medicine, San Francisco, CA.
235. **Forman**, E.M., Butryn, M.L., *Bradley, L.E., *Juarascio, A.S., *Shaw, J.A., Lowe, M.R., Herbert, J. Clark, V. (2013, March). Outcomes from Mind Your Health I and II: Randomized Controlled Trials of an Innovative Acceptance-based Behavioral Treatment for Obesity. In *Impact of Novel Obesity Intervention Studies*. Symposium presented at the annual meeting of the Society for Behavioral Medicine, San Francisco, CA.
236. *Goetter, E. M., Herbert, J. D., & **Forman**, E. M. (2013, April). Videoconference-Mediated Exposure and Ritual Prevention for Obsessive Compulsive Disorder. Poster presented at the 33rd annual convention of the Anxiety and Depression Association of America, La Jolla, CA.
237. *Goetter, E. M., Herbert, J. D., **Forman**, E. M., *Yuen, E. K., *Gershkovich, M., et al. (2013, April). Remote delivery of exposure and ritual prevention for obsessive compulsive disorder: Clinical recommendations. In E. M. Goetter (Chair), *Implementing Internet-Mediated Exposure Therapy for Various Anxiety Disorders: Research Findings and Clinical Considerations*. Symposium presented at the 33rd annual convention of the Anxiety and Depression Association of America, La Jolla, CA.
238. **Forman**, E. M. (November, 2012). *Discussant*. In L.A. Brown (Chair), *Mediators and Moderators of Behavioral Therapies for Anxiety Disorders*. Symposium presented at the 46th annual convention of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.
239. **Forman**, E.M., Butryn, M.L., *Bradley, L.E., *Juarascio, A.S., *Shaw, J.A., Lowe, M.R., Herbert, J. Kelly, M., Belmont, A., Clark, V (November, 2012). Outcomes from the Mind Your Health project: A randomized controlled trial comparing standard behavioral and acceptance-based behavioral interventions for obesity. In M. Butryn (Chair), *Innovative Behavioral Approaches to Weight Loss*. Symposium presented at the 46th annual convention of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.
240. *Gershkovich, M., Herbert, J. D., **Forman**, E. M., *Glassman, L. H., & *Goldstein, S. P. (2012, November). *Client satisfaction and treatment distinctiveness in a randomized controlled trial of ACT versus CT for social anxiety disorder: Preliminary findings*. Poster presented at the 46th Annual Convention of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.
241. *Glassman, L. H., Herbert, J. D., **Forman**, E. M., *Bradley, L. E., Izzetoglu, M., & Ruocco, A. C. (2012, November). *Using near-infrared spectroscopy to measure in vivo functional activation of the prefrontal cortex during speech performance in adults*

- with public speaking anxiety*. Poster presented at the 46th Annual Convention of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.
242. *Glassman, L. H., **Forman**, E. M., Herbert, J. D., *Bradley, L. E., Izzetoglu, M., Ruocco, A. C., & Foster, E. E. (2012, November). *Brief acceptance-based behavior therapy vs. traditional CBT for public speaking anxiety: Differential effects on performance and neurophysiology*. Poster presented at the 46th Annual Convention of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.
 243. *Goldstein, S. P., **Forman**, E. M., Herbert, J. D., *Juarascio, A. S., *Erford, B., & *Barbieri, A. J. (2012, November). *Implicit-explicit attitude discrepancy as a predictor of disinhibited eating and the moderating role of psychological acceptance*. Poster presented at the 46th Annual Convention of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.
 244. *Matteucci, A. J., *Juarascio, A. S., **Forman**, E. M., & Herbert, J. D. (2012, November). *Body-related acceptance as a potential mediator of body image dissatisfaction and eating pathology*. Poster presented at the 46th Annual Convention of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.
 245. *Rabin, S. J., Herbert, J. D., **Forman**, E. M., *Ibrahim, A. Y., *Matteucci, A. J., & *Goldstein, S. P. (2012, November). *The roles of therapist experiential avoidance and extraneous clinical information in predicting therapist preference for exposure treatment for OCD: Preliminary results*. Poster presented at the 46th Annual Convention of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.
 246. *Tuscan, L., Herbert, J. D., **Forman**, E. M., Izzetogl, M., & *Juarascio, A. S. (2012, November). *Examining frontal asymmetry using functional near-infrared spectroscopy: The effects of social anxiety during interaction and performance tasks*. Poster presented at the 46th Annual Convention of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.
 247. *Bradley, L.E., **Forman**, E.F., Butryn, M.L. (2012, September). *Long-term weight control strategies and their association with weight maintenance in a behavioral weight loss program*. Poster presented at the 30th Annual Obesity Society Scientific Meeting, San Antonio, TX.
 248. **Forman**, E.M., Butryn, M., *Juarascio, A.S., *Bradley, L.E., Kelly, M., Belmont, A.P., Lowe, M.R., Herbert, J.D., & Clark, V.L. (September, 2012). *A randomized controlled trial comparing gold standard and acceptance-based behavioral treatment for obesity: Outcomes from the mind your health program*. Poster presented at the 30th annual convention of the Obesity Society, San Antonio, TX.
 249. *Goldstein, S., *Martin, L., *Glassman, L.H., *Bradley, L., Herbert, J., **Forman**, E. (2012, September). *The relationship between distress tolerance and disordered eating constructs*. Poster presented at the 30th Annual Obesity Society Scientific Meeting, San Antonio, TX.
 250. **Forman**, E.M., Butryn, M.L., *Bradley, L., *Shaw, J., & Kelly, M. (July, 2012). *Outcomes from the Mind Your Health project: A randomized controlled trial comparing standard behavioral and acceptance-based behavioral interventions for obesity*. In L. Martin (Chair), *The Role of ACT in Battling the Obesity Epidemic: Current Research and Future Directions*. Symposium presented at the 10th annual conference of the Association for Contextual Behavioral Science, Washington, D.C.

251. *Juarascio, A.S., *Matteucci, A., **Forman**, E.M., & Herbert, J.D. (2012, July). The role of values in the treatment of eating disorders. In N. Reetz (Chair), *Building flexibility with food, body, and self: Contextual behavior science and disordered eating*. Symposium presented at the 10th World Conference of the Association of Contextual Behavioral Science, Washington, DC
252. *Shaw, J.A., *Juarascio, A.S., *Matteucci, A., **Forman**, E.M., Timko, C.A., Herbert, J.D., Butryn, M., & Lowe, M. (2012, July). Acceptance and commitment therapy as a novel treatment for eating disorders: An initial test of efficacy and mediation. In L. Martin (Chair), *ACT for disordered eating: Recent findings*. Symposium presented at the 10th World Conference of the Association for Contextual Behavioral Science, Washington, DC.
253. *Yuen, E.K., Herbert, J.D., **Forman**, E.M., *Goetter, E.M., *Juarascio, A.S., Rabin, S.J., & McGrath, K.B. (2012, July). Acceptance-based behavior therapy for social anxiety disorder using videoconferencing and virtual environments. In J. Herbert (Chair), *Internet-based delivery of ACT: Legal, ethical, and clinical developments*. Symposium presented at the 10th World Conference of the Association for Contextual Behavioral Science, Washington, DC.
254. Butryn, M. L. & **Forman**, E. M. & *Bradley, L. E. (2012, May). Acceptance-based behavioral treatment for obesity: 6-month follow-up outcomes and moderators of effectiveness from a randomized clinical trial. Paper presented at the 19th annual European Congress on Obesity, Lyon, France.
255. Martin, L. M., Forman, E. M., Butryn, M. L. (2012, May). *A contextual approach to the obesity epidemic*. In J. Jacobi (chair), *Contextual Behavioral Science as Framework for Understanding Binge-Eating and Obesity*. Paper presented at the 38th annual meeting of the Association of Behavioral Analysis International, Seattle, WA.
256. *Goldstein, S. P., *Goetter, E. M., **Forman**, E. M., & Herbert, J. D. (2012, March). *Examination of Technological Difficulties and Interpersonal Relationships in Remote Treatment for OCD: An Interim Report*. Poster presented at the annual convention of the Eastern Psychological Association, Pittsburgh, PA.
257. Yuen, E.K., Herbert, J.D., Forman, E.M., Goetter, E.M., Juarascio, A.S., Rabin, S.J., McGrath, K.B., & Goodwin, C.L. (2012). *Videoconferencing-mediated exposure therapy for social anxiety disorder*. Symposium presented at the 2012 Anxiety and Depression Conference, San Diego, CA.
258. Butryn, M.L., Kelly, M., & **Forman**, E.M. (2011, October). *Moderators of outcome in an RCT comparing standard behavior treatment and acceptance-based behavioral treatment for obesity*. Poster presented at the annual convention of the Obesity Society, Orlando, FL
259. *Goetter, E. M., Herbert, J. D., **Forman**, E. M., *Yuen, E. K., *Erford, B. M., *Milillo, J. J., & *Goldstein, S. P. (2011, November). Crossing the line: Interstate delivery of remote psychological services. In J. D. Herbert (Chair), *Internet-based psychological services: Legal, ethical, and clinical issues*. Symposium presented at the 45th annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto, Ontario, Canada.
260. *Juarascio, A., *Shaw, J., *Matteucci, A., **Forman**, E., Timko, C. A., Herbert, J. D., Butryn, M., & Lowe, M. (2011, November). *Acceptance and commitment therapy as a novel treatment for eating disorders: An initial test of efficacy and mediation*. Poster

presented at the 45th annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto, Ontario, Canada.

261. *Milillo, J. J., *Glassman, L., *Bradley, L., **Forman, E.**, *Matteucci, A., Izzetoglu, M., & Herbert, J. D. (2011, November). *Functional near-infrared spectroscopy in public speaking anxiety: Preliminary findings*. Poster presented at the 45th annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto, Ontario, Canada.
262. *Rabin, S. J., Herbert, J. D., **Forman, E. M.**, Lissek, S., *Erford, B. M., & *Goldstein, S. P. (2011, November). *Testing an alternative hypothesis for cognitive bias modification for public speaking anxiety*. Poster presented at the 45th annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto, Ontario, Canada.
263. *Shaw, J. A., Juarascio, A. S., **Forman, E. M.**, *Bradley, L., Herbert, J. D., Butryn, M., Berner, L., Doshi, S., & Lowe, M. R. (2011, November). *Controlled trial of residential-based ACT for eating disorders: Impact on behavioral measures of eating psychopathology*. Poster presented at the 45th annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto, Ontario, Canada.
264. Butryn, M.L., Kelly, M., & **Forman, E.M.** (October, 2011). *Moderators of outcome in an RCT comparing standard behavioral treatment and acceptance-based behavioral treatment for obesity*. Poster presented at the annual convention of the Obesity Society, Orlando, FL.
265. *Goetter, E. M., Herbert, J. D., **Forman, E. M.**, & *Milillo, J. (2011, July). *Videoconferencing as a means for delivering exposure and ritual prevention for obsessive compulsive disorder: Preliminary findings from a randomized controlled trial*. Poster presented to the 18th annual convention of the International OCD Foundation, San Diego, CA.
266. *Glassman, L. H., *Shaw, J., *Yuen, E. K., *Goetter, E. M., Herbert, J. D., & **Forman, E. M.** (2011, April). *Post-treatment changes in ABBT mechanisms and social anxiety symptoms*, Poster presented at the annual convention of the Society of Behavioral Medicine, Washington, DC.
267. Butryn, M., **Forman, E. M.**, *Hoffman, K. L., *Shaw, J. A., & *Juarascio, A. S. (2010, November). A pilot study of acceptance and commitment therapy for promotion of physical activity. In E. M. Forman & C. D. Tart (Chairs), *The relationship between physical activity and anxiety processes: Basic and clinical findings*. Symposium presented at the 44th annual convention of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.
268. **Forman, E. M.**, Butryn, M. L., *Shaw, J. A., Glassman, L. H., Clark, V. L., Belmont, A. & Herbert, J. D. (2010, November). Preliminary outcomes from the Mind Your Health project: A randomized controlled trial comparing standard behavioral and acceptance-based behavioral interventions for obesity. In J. Arch (Chair), *Acceptance-based therapies for anxiety disorders and obesity*. Symposium presented at the 44th annual convention of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.
269. **Forman, E. M.**, Herbert, J. D., & *Park, J. A. (2010, November) Standard CBT and ACT as transdiagnostic treatments: Theory and outcome from an RCT. In M. Berk (Chair), *Addressing commonalities across mental health disorders with transdiagnostic treatments*. Symposium presented at the 44th annual convention of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.

270. *Geboy, A. G., *Glassman, L. H., *Yuen, E. K., *Park, J. A., *Goetter, E. M., Herbert, J. D., & **Forman**, E. M. (2010, November). *Moderators of acceptance-based behavior therapy for social anxiety disorder*. Poster presented at the 44th annual convention of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.
271. *Glassman, L. H., *Goetter, E. M., **Forman**, E. M., & Herbert, J. D. (2010, November). *Hoarding, Obsessive-Compulsive Disorder and the DSM-V ? Report on the Status of Current Research*. Poster presented at the 44th annual convention of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.
272. *Glassman, L. H., *Shaw, J. A., *Yuen, E. K., *Goetter, E. M., *Park, J.A., Herbert, J. D., & **Forman**, E. M. (2010, November). *Differences In ACT-based Constructs and Social Phobia Symptoms Between Post-Treatment and Follow-Up Periods Following ACT Intervention*. Poster presented at the 44th annual convention of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.
273. *Goetter, E., **Forman**, E. M., Herbert, J. D., *Geboy, A., & *Yuen, E. K. (2010, November). *A Theoretical Examination of Depressive Rumination and the Role of Cognitive Flexibility and Mindfulness*. Poster presented at the 44th annual convention of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.
274. *Goodwin, C.L., **Forman**, E.M., Butryn, M.L., Herbert, J.D., Ledley, G.S., *Park, J.A., *Yuen, E.K., Ambani, R. (2010, November). *Project ABLE: An Acceptance-based Behavioral Lifestyle Modification Program for Cardiac Patients. A Preliminary Investigation*. Poster presented at the 44th annual convention of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.
275. *Goodwin, C.L., **Forman**, E.M., Butryn, M.L., Herbert, J.D., Ledley, G.S., *Yuen, E.K., *Park, J.A., Goldstein, S., Gamber, R.A. & Foster, E. (2010) *Project ABLE: An ABBT-based lifestyle modification program for cardiac patients. A preliminary investigation*. Poster presented at the annual meeting of the Philadelphia Behavior Therapy Association, Philadelphia, PA.
276. Herbert, J. D., **Forman**, E. M., *Yuen, E., *Goetter, E., *England, E., Massey, J., Brandsma, L. L., *Blacker, K., Timko, C. A., *Geboy, A. (2010, November). Awareness, acceptance, defusion, and psychopathology: Implications of recent data on the deconstruction of mindfulness. In K. Herzberg (Chair), *Assessment and evaluation of fusion and defusion as a universal process in psychopathology and behavior change*. Symposium presented at the 44th annual meeting of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.
277. *McGrath, K. B., **Forman**, E. M., Herbert, J. D., Arch, J. J., Craske, M. G., & Eifert, G. H. (2010, November). *Differences in Therapist Behavior in Implementing ACT and CT for the Treatment of Anxiety Disorders*. Poster presented at the 44th annual convention of the Association for Behavioral and Cognitive Therapies, San Francisco, CA. (Accepted)
278. *Park, J. A., **Rabin, S. J., Herbert, J. D., & **Forman**, E. M. (2010, November). *Examining potential mediators in an acceptance-based treatment for social anxiety disorder*. Poster presented at the 44th annual convention of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.
279. *Yuen, E. K., Goldstein, S. P., *Geboy, A. G., Campbell, A. D., Barbieri, A. J., Capozzoli, M., C., Johnson, F. A., *Glassman, L. H., *Shaw, J. A., Herbert, J. D., & **Forman**, E. M. (2010, November). *Differences in baseline characteristics between*

adults enrolled in an online versus in-person treatment program for social anxiety disorder. Poster presented at the 44th annual convention of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.

280. *Yuen, E. K., Herbert, J. D., **Forman**, E. M., *Goetter, E. M., *Juarascio, A. S., **Rabin, S. J., *McGrath, K. B., *Goodwin, C. L., *Park, J. A., & Bouchard, S. (2010, November). Using Skype videoconferencing and Second Life virtual environments to deliver acceptance-based behavior therapy for social anxiety disorder. In J. Herbert (Chair), *New developments in remote and internet-based treatment*. Symposium presented at the 44th annual convention of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.
281. **Forman**, E. M., *Goetter, E. M., *Park, J., Herbert, J. D., *Moitra, E., & *Yuen, E. K. (2010, June). *Mediators and long-term outcomes in a randomized controlled trial of ACT and CT*. In E. Foley (Chair), *Empirical Innovations in Acceptance-Based Therapies*. Symposium presented at the 6th World Congress of Behavioral and Cognitive Therapies, Boston, Massachusetts.
282. *Goetter, E., **Forman**, E. M., Herbert, J. D., *Yuen, E. K., *Geboy, A., Barbieri, A., & Goldstein, S. (2010, June). *Rumination, cognitive inflexibility and mindfulness: Implications for problem solving*. Poster presented at the 6th World Congress of Behavioral and Cognitive Therapies, Boston, Massachusetts.
283. *Yuen, E. K., *Goetter, E. M., *Park, J. A., Erford, B., Venable, C., Herbert, J. D., & **Forman**, E. M. (2010, June). *Treatment resistance in cognitive behavioral therapy for social anxiety disorder*. Poster presented at the 6th World Congress of Behavioral and Cognitive Therapies, Boston, Massachusetts.
284. *Yuen, E. K., *Goetter, E. M., *Park, J. A., Patterson, A., Courtois, E., Novac, R., Herbert, J. D., & **Forman**, E. M. (2010, June). *Moderators of Treatment Outcome in an Online CBT Intervention for Social Anxiety Disorder*. Poster presented at the 6th World Congress of Behavioral and Cognitive Therapies, Boston, Massachusetts.
285. *Juarascio, A., **Forman**, E. M., Butryn, M., Herbert, J. D., & Lowe, M. R. (2010, May). Implicit measurement of internalization of the thin ideal. In C.A. Timko (Chair), *Development of the Implicit Relational Assessment Procedure (IRAP) for use as a treatment outcome measure*. Symposium presented at the 36th annual meeting of the Association for Behavior Analysis, San Antonio, TX.
286. *Blacker, K., Herbert, J., Kounios, J., & **Forman**, E. (2009, November). *Differential Electroencephalography (EEG) Activity Exhibited in Acceptance- and Control/Distraction-based Pain Management Strategies*. Poster presented at the conference of the Association for Behavioral and Cognitive Therapies, New York, NY.
287. *Blacker, K., Herbert, J., Kounios, J., & **Forman**, E. (2009, November). *Differential electroencephalography (EEG) activity exhibited in acceptance- and control/distraction-based pain management strategies*. Poster presented at the Mid-Atlantic Regional Meeting of the Society for Psychotherapy Research, Philadelphia, PA.
288. *Brown, L., **Forman**, E. M., Herbert, J. D., & *Hoffman, K. L. (2009, November). *Acceptance and Commitment Therapy versus Cognitive Therapy for test anxiety: A pilot study*. In J. Herbert (Chair), *Cognitive Reappraisal vs. Experiential Acceptance*. Symposium presented at the 43rd annual convention of the Association for Behavioral and Cognitive Therapies, New York, NY.

289. *Collins, J., Herbert, J. D., **Forman**, E.M., & Butryn, M. (2009, November). *Dietary restraint, physical activity and body image satisfaction: A study of college freshman women*. Poster presented at the conference of the Association for Behavioral and Cognitive Therapies, New York, NY.
290. *Goetter, E., Herbert, J. D., & **Forman**, E. M. (2009, November). *Exposure with acceptance-based vs. habituation-based rationale for public speaking anxiety*. In A. N. Pearson (Chair), *New Applications of Acceptance-Based Interventions*. Symposium presented at the 43rd annual convention of the Association for Behavioral and Cognitive Therapies, New York, NY.
291. **Forman**, E. M., *Park, J., Herbert, J. D. (2009, November). Long-term follow-up of an ACT vs CT randomized controlled trial. In J. Herbert (Chair) *Cognitive Reappraisal vs. Experiential Acceptance*. Symposium presented at the 43rd annual convention of the Association for Behavioral and Cognitive Therapies, New York, NY.
292. *Goetter, E. M., **Forman**, E. M., Herbert, J. D., & *Yuen, E. K (2009, November). *The impact of mindfulness and defusion on the relationship between rumination and problem solving*. Poster presented at the 43rd annual convention of the Association for Behavioral and Cognitive Therapies, New York, New York.
293. *Goodwin, C.L., *Juarascio, A.J., **Rabin, S.J., *Goetter, E., *Park, J., **Forman**, E.M., & Herbert, J. (2009, November). *Acceptance and Commitment Therapy versus Cognitive Therapy for test anxiety in an undergraduate population*. Poster presented at the 43rd annual convention of Association for Behavioral and Cognitive Therapy, New York, NY.
294. Herbert, J. D., Yadavaia, J., & **Forman**, E. M. (2009, November). Experiential avoidance as a moderator and mediator of mindfulness-based behavioral and cognitive therapies: Explication and evidence for a transdiagnostic model. In J. Boulanger (Chair) *Experiential avoidance: A core common process in the development, maintenance, and treatment of psychological disorders*. Symposium presented at the 43rd annual convention of the Association for Behavioral and Cognitive Therapies, New York, NY.
295. *Hoffman, K. L., **Forman**, E. M., Herbert, J. D., Butryn, M., *Juarascio, A. S., Ryan, N. M., & Asnaani, A. (2009, November). *Comparison of acceptance-based and standard cognitive-based coping strategies for craving sweets in overweight and obese women*. In J. Herbert (Chair), *Cognitive Reappraisal vs. Experiential Acceptance*. Symposium presented at the 43rd annual convention of the Association for Behavioral and Cognitive Therapies, New York, NY.
296. *Juarascio, A., **Forman**, E., Herbert, J., **Rabin, S.J. & *Goodwin, C. (2009, November). *Acceptance and Commitment Therapy versus Cognitive Therapy for the Treatment of Co-Morbid Eating Pathology*. In S. C. Sheppard (Chair), *Beyond the Efficacy Ceiling: Targeting Universal Processes Across Diverse Problems in ACT Clinical Effectiveness*. Symposium presented at the 43rd annual convention of Association for Behavioral and Cognitive Therapies, New York, NY.
297. *McGrath, K.B., **Forman**, E.M., & Herbert, J.D. (2009, November). *Validation of the ACT/CT Adherence and Competence Rating Scale: Phase two*. Poster presented at the 43rd Annual Convention of the Association for Behavioral and Cognitive Therapies, New York, NY.

298. *Rabin, S.J., *Park, J., *Goodwin, C.L., *Juarascio, A., **Forman**, E. & Herbert, J. (2009, November). *Comparison of Acceptance and Commitment Therapy and traditional Cognitive Behavior Therapy on reduction of hopelessness in depressed individuals*. Poster presented at the 43rd annual convention of Association for Behavioral and Cognitive Therapy, New York, NY.
299. *Yuen, E. K., Herbert, J. D., **Forman**, E. M., Comer, R., Bradley, J., *Goetter, E. M., & *Park, J. A. (2009, November). *Virtual Therapy for Social Anxiety Disorder using Second Life: Preliminary Results*. Poster presented at the conference of the Association for Behavioral and Cognitive Therapies, New York, NY.
300. McGrath, K.B., Forman, E.M., & Herbert, J.D. (2009, June). *Psychometric Properties of the ACT/CT Adherence and Competence Rating Scale: Phase two*. Poster presented at the annual poster session of the Philadelphia Behavior Therapy Association, Philadelphia, PA
301. *Yuen, E. K., Herbert, J. D., Forman, E. M., Comer, R., Bradley, J., *Park, J. A., & *Goetter, E. M. (2009, June). *Second Life Virtual Therapy for Social Anxiety Disorder*. Poster presented at the Philadelphia Behavior Therapy Association Poster Exhibition, Philadelphia, Pennsylvania.
302. *Goetter, E., Forman, E. M., & Herbert, J. D. (2009, April). *Rumination: A theoretical overview and implications for problem solving*. Poster presented at the 4th Annual Philadelphia Area Psi Chi Research Day Conference, Philadelphia, Pennsylvania.
303. *England, E. L., Herbert, J. D., **Forman**, E. M. & Timko, C. A. (2008, November). *Use of the Implicit Relational Assessment Procedure to assess cognitive defusion, mindfulness, and psychological functioning*. Poster presented at the 42nd annual convention of the Association for Behavioral and Cognitive Therapies, Orlando, FL.
304. *Feinstein, A. B., **Forman**, E. M. & Herbert, J. D. (2008, November). *Acceptance as a moderator of functional variables in adolescents with juvenile idiopathic arthritis*. Poster presented at the 42nd annual convention of the Association for Behavioral and Cognitive Therapies, Orlando, FL.
305. **Forman**, E. M., Butryn, M. L., *Hoffman, K. L., Herbert, J. D. & *Brown, L. (2008, November). An open pilot trial of an acceptance-based behavioral intervention for weight loss: Post-intervention and six-month follow-up findings. In P. Wupperman & S. R. Axelrod (Chairs), *Mindfulness training for problems of self-regulation: New applications and mechanisms of change*. Symposium presented at the 42nd annual convention of the Association for Behavioral and Cognitive Therapies, Orlando, FL.
306. **Forman**, E. M., Herbert, J. D. & *Moitra, E. (2008, November). Defusion: Development of a New Measure and Potential Mediating Role. In S. A. Hayes (Chair) *Processes and Mechanisms of Change in Mindfulness and Acceptance Based Therapies*. Symposium presented at the 42nd annual convention of the Association for Behavioral and Cognitive Therapies, Orlando, FL.
307. **Forman**, E. M., Herbert, J. D. & *Moitra, E. (2008, November). *Defusion as a Differential Mediator of Acceptance and Commitment Therapy and Cognitive Therapy*. In S. A. Hayes (Chair), *Processes and Mechanisms of Change in Mindfulness and Acceptance Based Therapies*. Symposium presented at the 42nd annual convention of the Association for Behavioral and Cognitive Therapies, Orlando, FL.

308. *Goetter, E., *Yuen, E. K., *Moitra, E., **Forman**, E. M. & Herbert, J. D. (2008, November). *Acceptance and awareness: Differential effects as a function of anxiety*. Poster presented at the 42nd annual convention of the Association for Behavioral and Cognitive Therapies, Orlando, FL.
309. *Moitra, E., *England, E., **Forman**, E. M. & Herbert, J. D. (2008, November). *Initial psychometric properties of the Drexel Defusion Scale*. Poster presented at the 42nd annual convention of the Association for Behavioral and Cognitive Therapies, Orlando, FL.
310. *Park, J, **Forman**, E. M., & *Feinstein, A. B. (2008, November). *ACT versus CT: Differential effects on depression as a function of anxiety*. Poster presented at the 42nd annual convention of the Association for Behavioral and Cognitive Therapies, Orlando, FL.
311. *Yuen, E. K., *Goetter, E., *Moitra, E. **Forman**, E. M., & Herbert, J. D. (2008, November). *Predictors of treatment outcome in cognitive therapy and acceptance and commitment therapy*. Poster presented at the 42nd annual convention of the Association for Behavioral and Cognitive Therapies, Orlando, FL.
312. **Forman**, E. M., Chapman, J. E. & Herbert, J. D. (2008, June). Mediation analyses of session-by-session outcomes across two types of CBT. In L. K. McGinn (Chair), *The mediating impact of cognitive processes in anxiety and depression*. Symposium presented at the 6th International Congress of Cognitive Psychotherapy of the International Association for Cognitive Psychotherapy, Rome, Italy.
313. Butryn, M. L., **Forman**, E. M., *Hoffman, K. L., *Brown, L. & Herbert, J. D. (2008, March). A pilot test of an acceptance-based behavioral treatment for obesity. Paper presented at the 29th annual meeting of the Society for Behavioral Medicine, San Diego, California.
314. *Feinstein, A.B. & **Forman**, E.M. (2007, November). *Psychological interventions for children and adolescents with rheumatic conditions*. Poster presented at the 41st annual convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA
315. **Forman**, E. M., Butryn, M., *Hoffman, K.L., & Herbert, J. D (2007, November). *A pilot study of an acceptance-based behavioral treatment for weight loss*. In M.J. Hildebrandt (Chair), *Behavioral demonstrations of distress tolerance: Understanding psychological processes as they apply to clinical outcomes*. Symposium presented at the 41st annual convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
316. **Forman**, E. M., Herbert, J. D., Cardaciotto, L. *Moitra, E. & *Brown, L. A. (2007, November). The relationship between mindfulness and psychopathology: Not all dimensions of mindfulness are created equal. In P. Wupperman & S. Axelrod (Chairs). *The role of mindfulness in conceptualizing and treating disorders of emotional regulation*. Symposium presented at the 41st annual convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
317. **Forman**, E. M., Herbert, J. D. & *McGrath, K. B. (2007, November). Evidence for ACT's Distinctiveness from CT across Five Overlapping Investigations. In K. Vowles (Chair), *Exploring the influence of acceptance, mindfulness, and values-based action on treatment outcomes and overall functioning: Unique contributions or old wine in a*

new bottle? Symposium presented at the 41st annual convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

318. **Forman**, E.M., Redding, R., Herbert, J.D., & Gaudiano, B. (2007, November). Scientific grounding and usefulness of 50 popular self-help books for anxiety, depression and trauma. In T. Lazzaroni (Chair) *Toward evidence-based self-help manuals*. Symposium presented at the 41st annual convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
319. *Hoffman, K. L., *Brown, L., & **Forman**, E. M., Butryn, M., & Herbert, J. D. (2007, November). *Emotional eating as a mediator of weight loss in an acceptance-based behavioral weight control intervention*. Poster presented at the 41st annual convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
320. *Hoffman, K. L., **Forman**, E. M., Butryn, M. L., *Brown, L., & Herbert, J. D. (2007, November). *Preliminary evaluation of an acceptance-based behavioral weight control intervention*. Paper presented at the meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
321. *Yeomans, P. D., Herbert, J.D. & **Forman**, E. M. (2007, November). The relationship between exposure to western trauma discourse and posttraumatic symptoms among Burundians with traumatic event histories. In J. D. Herbert (Chair) *Posttraumatic stress disorder: New data and emerging questions*. Symposium presented at the 41st annual convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
322. **Forman**, E.M., *Hoffman, K. L., *McGrath, K. B., Brandsma, L., Herbert, J. D. & Lowe, M. R. (2007, July). The Power of Food Scale predicts chocolate cravings and consumption and response to a cravings intervention. In M. Boggiano (Chair) *Eating Disorders*. Symposium presented at the Annual Convention of the Society for the Study of Ingestive Behavior, Steamboat Springs, CO.
323. *Brown, L. A., *Hoffman, K. L., **Forman**, E.M., & Herbert, J. D. (2007, April). *Emotional eating as a mediator of weight loss in an acceptance-based behavioral weight control intervention*. Poster presented at the 5th annual Colonial Academic Alliance Research Conference, Wilmington, NC.
324. *Hoffman, K. L., **Forman**, E. M., *Yeomans, P. D., *McGrath, K. B., Marquez, K., Zebell, J. A., Brandsma, L., Herbert, J.D., & Lowe, M. (2007, April). *A comparison of experiential avoidance versus acceptance strategies for coping with food cravings: An analog study of dieting*. Poster presented at the Conference for the Dissemination of Research on Addiction, Infectious Disease and Public Health at Johns Hopkins University, Baltimore, MD.
325. **Forman**, E. M., Herbert, J. D., Chapman, J. E., *Yeomans, P. D., *Moitra, E., *McGrath, K., *Hoffman, K., Marquez, K. (2006, November). Using standard and session-by-session outcomes to delineate differential mediating mechanisms of Acceptance and Commitment and cognitive behavioral therapies. In E. M. Forman (Chair), *Mechanisms of action and comparative effectiveness of acceptance and commitment therapy across five treatment groups*. Symposium presented at the 40th Annual Convention of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
326. **Forman**, E. M., *Hoffman, K., Lowe, M. R., Brandsma, L., Herbert, J. D., *Marquez, K., *McGrath, K., *Moitra, E., *Yeomans, P. D. (2006, November). A comparison of

- experiential avoidance versus acceptance strategies for coping with food cravings: An analog study of dieting. In E. M. Forman and T. Kashdan (Chairs). *Experiential avoidance as a toxic mechanism in self-control, interpersonal, and emotional disturbances*. Symposium presented to the 40th Annual Convention of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
327. *Moitra, E., **Forman**, E. M., *Hoffman, K. L., *Marquez, K., *McGrath, K. B., *Yeomans, P. D., & Zebell, J. A. (2006, November). *A preliminary comparison of two measures of mindfulness in an outpatient graduate health professional student sample*. Poster presented at the 40th Annual Convention of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
328. *Yeomans, P. D., **Forman**, E. M., *McGrath, K. B., Herman, J. L. (2006, November). *Trauma chronicity and assailant type as predictors of symptom presentation in a community-based clinic*. Poster presented at 40th Annual Meeting of the Association for Behavioral and Cognitive Therapy, Chicago, IL.
329. *McGrath, K. B., **Forman**, E. M., *Hoffman, K. L., *Marquez, K., *Moitra, E., *Yeomans, P. D., & Zebell, J. (2006, August). *Development and validation of the ACT/CBT adherence scale: Phase two*. Poster presented at the 114th annual convention of the American Psychological Association.
330. Dalrymple, K.L., Herbert, J.D., & **Forman**, E.M. (2006, July). Acceptance and Commitment Therapy for generalized social anxiety disorder: A Pilot Study. In C.E. Drake (Chair), *ACT, mindfulness, and social anxiety disorder*. Symposium presented at the 2nd World Conference on ACT, RFT, and Contextual Behavioral Science, London, UK.
331. **Forman**, E.M., Herbert, J.D., Marquez, K., *Moitra, E., *Yeomans, P.D., *McGrath, K., & *Hoffman, K. (2006, July). Results from a randomized controlled trial comparing ACT and CBT in a mixed outpatient sample. In A. Biglan (Chair), *Effectiveness studies on ACT*. Symposium presented at the Second World Conference on ACT, RFT, and Contextual Behavioral Science, London, UK.
332. **Forman**, E.M., *Hoffman, K., *McGrath, K., Lowe, M.R., Herbert, J., & Brandsma, L. (2006, July). A comparison of acceptance- and control-based strategies for coping with food cravings: an analog study of dieting. In E.K. Sandoz (Chair), *All shapes and sizes: an exploration of body image acceptance and eating behaviour*. Symposium presented at the Second World Conference on ACT, RFT, and Contextual Behavioral Science, London, UK.
333. **Forman**, E.M., *Yeomans, P.D., Chapman, J.E. (2006, July). Using session-by-session data to delineate differential mediating mechanisms of ACT and CBT. In A.R. Murrell (Discussion Leader), *The nature and impact of acceptance*. Symposium presented at the Second World Conference on ACT, RFT, and Contextual Behavioral Science, London, UK.
334. *Moitra, E., Herbert, J. D., & **Forman**, E. M. (2006, March). *Avoidance and depression among socially anxious adults*. Poster presented at the 26th annual convention of the Anxiety Disorders Association of America, Miami, FL.
335. Brown, G.K., **Forman**, E.M., Berk, M.S., Henriques, G.R., Beck, A.T. (2005, November). History of multiple suicide attempts as a behavioral marker of severe psychopathology. In B.E. Gibb (chair). *History of Suicide Attempts: Are Multiple*

Attempters a Distinct Patient Population? Symposium presented at the Annual Meeting of the Association for Behavioral and Cognitive Therapy, Washington, D.C.

336. **Forman**, E. M., Herbert, J. D., *Yeomans, P. D., *McGrath, K., *Moitra, E., Geller, P. A. (2005, November). *Effectiveness and mediating mechanisms of acceptance and commitment and cognitive behavioral therapies in the treatment of mixed depression and anxiety*. Poster presented at Annual Meeting of the Association for Behavioral and Cognitive Therapy, Washington, DC.
337. *McGrath, K. B., **Forman**, E. M., *Hoffman, K. L., del Mar Cabiya, M., Marquez, K., *Moitra, E., *Yeomans, P. D., & Zebell, J. (2005, November). *Development and validation of the Drexel University ACT/CBT therapist adherence rating scale*. Poster presented at the 39th annual convention of the Association for Behavioral and Cognitive Therapies, Washington, DC.
338. *Moitra, E., *del Mar Cabiya, M., **Forman**, E. M., Herbert, J. D., *Yeomans, P. D., & *McGrath, K. B. (2005, November). *Mindfulness as predictor of treatment outcome in cognitive behavioral and acceptance and commitment therapies*. Poster presented at the 39th annual convention of the Association for Behavioral and Cognitive Therapy, Washington, D.C.
339. *Yeomans, P. D., **Forman**, E. F., & Herbert, J. D. (2005, November). *The relationship between prior exposure to Western trauma discourse and the severity and nature of psychological symptoms*. Poster presented at the 39th annual convention of the Association for Behavioral and Cognitive Therapy, Washington, D.C.
340. **Forman**, E.M. & Herbert, J.D. (2005, July). *Cognitive-behavioral therapy and Acceptance and Commitment Therapy: Similarities, differences, and relative effectiveness*. ACT Summer Institute, Philadelphia, PA.
341. **Forman**, E. M., Herbert, J. D., *Yeomans, P. D., Geller, P. A. (2004, November). Comparing outcome and mechanisms of action in cognitive behavioral and Acceptance and Commitment therapies. In E. Forman (chair). *Mechanisms of Change in Acceptance-Based Interventions*. Symposium presented at the Annual Meeting of the Association for the Advancement of Behavior Therapy, New Orleans, LA.
342. Lynch, S. **Forman**, E., Mendelsohn, M. & Herman, J. (2004, November) *A comparison of high and low dissociators' response to trauma focused treatment*. Paper presented at the 21st International Society for the Study of Dissociation International Fall Conference, New Orleans.
343. *Yeomans, P. D., **Forman**, E. M., Herman, J. L. (2004, November). *Comorbidity of subclinical somatization disorder in posttraumatic stress disorder in an outpatient population*. Poster presented at the Annual Meeting of the Association for the Advancement of Behavior Therapy, New Orleans, LA.
344. Berk, M. S., Beck, A. T., **Forman**, E. M., Henriques, G. R., & Brown, G. K. (2002, August). (chair) Characteristics of suicide attempters with borderline personality disorder. In G. Henriques (chair), *New Directions in Suicide Research*. Symposium presented at the Annual Meeting of the American Psychological Association, Chicago, IL.
345. **Forman**, E. M., Beck, A. T., Berk, M. S., Henriques, G. R., & Brown, G. K. (2002, August). Outcomes from a new cognitive-based therapy to prevent repeated suicide attempts. In G. Henriques (chair), *New Directions in Suicide Research*. Symposium

presented at the Annual Meeting of the American Psychological Association, Chicago, IL.

346. **Forman**, E. M., Warman, D. A., Beck, A. T., Brown, G. K. & Henriques, G. R. (2002, April). The impact of psychosis on suicidal ideation among recent suicide attempters. In K. Conner (chair) *Psychosis, Aggression, and Suicide*. Annual Conference of the American Association of Suicidology, Bethesda, MD
347. **Forman**, E., Herman, J., Lynch, S., & Bryant (2001, December). Treatment outcomes in a community-based sample of individuals with Complex PTSD. In M. Harvey (Chair) *Treatments outcomes in a community-based treatment of trauma*. Symposium presented at the Annual Meeting of the International Society for the Study of Traumatic Stress, New Orleans, LA.
348. Henriques, G. R., Berk, M. S., **Forman**, E. M., Brown, G. K., Beck, A. T., et. al. (2001, November). *Suicide attempters with and without Borderline Personality Disorder*. Poster presented at the Annual Meeting of the Association for the Advancement of Behavior Therapy, Philadelphia, PA.
349. **Forman**, E. M. (2001, April). Family instability and adolescent adjustment: Family and intrapsychic mediators. In B. Ackerman (Chair), *Family instability: Effects on the socioemotional development of children and adolescents*. Symposium presented at the biennial meeting of the Society for Research in Child Development, Minneapolis, MN.
350. Hansen, N. B., **Forman**, E. & Lambert, M. J. (2000, June). Advances in Patient-Focused Treatment Outcome Research. In K. I. Howard (Chair), *Operationalizing and assessing outcome in patient-focused research using clinical significance methodology and non-parametric statistical techniques*. Symposium presented at the Annual Meeting for Society for Psychotherapy Research, Chicago, IL.
351. Davies, P., & **Forman**, E. (2000, March). Strategies for testing the emotional security hypothesis: New methodological advances. In H. Gordon (Chair), *Marital conflict, emotional security, and adolescent adjustment: A cross-site investigation*. Symposium presented at the biennial meeting of the Society for Research in Adolescence, Chicago, IL.
352. **Forman**, E., & Davies, P.T. (2000, March). *Family instability and adolescent adjustment: Family and intrapsychic mediators*. Paper presented at the biennial meeting of the Society for Research in Adolescence, Chicago, IL.
353. Davies, P.T., **Forman**, E., & Burgio, L. (1999, April). New directions in understanding the pathways between interparental conflict, emotional security, and child development. In J.H. Grych (Chair), *Understanding the impact of interparental conflict on children: Recent theoretical developments*. Symposium presented at the biennial meeting of the Society for Research in Child Development, Albuquerque, NM.

Technical Reports

1. **Forman**, E. (1999). Center-based early intervention: A review of the literature. Technical Report, Primary Mental Health Project, Rochester, NY.
2. **Forman**, E. & Hightower, A.D. (1999). Effects of center-based early intervention projects: What we know, what we don't know, and where we go from here. Technical Report, Primary Mental Health Project, Rochester, NY.

3. **Forman, E., Hightower, A.D., & Montes, G. (1999).** Effects of center-based early intervention projects: A Meta-Analysis. Technical Report, Primary Mental Health Project, Rochester, NY.

Alternative/Popular Media

1. *National Geographic* (2024, May). *Are Ultra-processed foods as addictive as cigarettes?* [Link](#)
2. *The Atlantic* (2024, May). *Intermittent Fasting.* [Link](#).
3. *CKNW Morning Show* (2024, May). *Intermittent Fasting.*
4. *NBC Today Show* (2024, January). *Which weight loss program is best for you?* [Link](#)
5. *AARP* (2023, January). *10 Ways to Curb Sugar Cravings* [Link](#)
6. *CNN* (2022, August). *Best Weight Loss Apps* [Link](#)
7. *The Colin-McEnroe Show; National Public Radio.* (2022, February). *Why is our culture so interested in dieting?* [Link](#).
8. *Afternoons on 6PR Radio* (2022, January). *How to manage cravings.*
9. *3AW Breakfast - Australia's Most-Listened to Radio Program* (2022, January). *Research on cravings.*
10. *New York Times* (2022, January). *The Eat Well Challenge: Cookies? Chips? Pizza? Here's How to Own Your Cravings.* [Link](#).
11. *DrexelNow* (2020, March). *How to Manage Eating Habits While Self-isolating.* [Link](#).
12. *NJ.com* (2020, March). *Can't stop panic-eating? How to break bad habits amid coronavirus fears.* [Link](#).
13. *Inverse* (2020, February). *Title: It is Easier to be Present if You Can Master This One Cognitive Technique.* [Link](#).
14. *Psychologists Off the Clock* podcast (2019, June). *Title: Cutting-Edge Strategies That Incorporate Acceptance-Based And Behavioral Skills To Change Eating Behaviors For Good.* [Link](#).
15. *Nine* (2019, June), *Title: Need help controlling sugar cravings? One day, there might be an app for that.* [Link](#).
16. *Wall Street Journal's MarketWatch* (2019, June). *Subject: How AI can track "cheating" on one's weight loss diet.* [Link](#).
17. *ABC6 News* (2019, June). *Subject: OnTrack, an intelligent weight loss app.* [Link](#)
18. *Research Matters* podcast (2019, May). *Title: Nurturing Collaborations, Finding Stellar Project Coordinators, and Healthy Skepticism.* [Link](#).
19. *NBC10 News* (2019, May). *Subject: OnTrack, an intelligent weight loss app.* [Link](#)
20. *Philadelphia Inquirer* (2019, May). *Subject: DASH, A "brain training" game for weight loss.* [Link](#).
21. *NBC@Issue* (2019, April). *Subject: OnTrack, an intelligent weight loss app.* [Link](#).
22. *Refinery 29* (2019, April). *Subject: Water weight.* [Link](#)
23. *The Sun* (2019, April). *Subject: OnTrack, an intelligent weight loss app.* [Link](#).

24. *Prevention* (2017, November) Subject: The Latest Word on Weight Loss. [Link](#)
25. *Men's Health* (2017, September). Subject: New Ways to Lose Weight. [Link](#)
26. *CBS 3 Philly* (2017, February). Subject: The Marshmallow Test: What It Reveals About Our Children's Future Success. [Link](#)
27. *Endocrine Today* (2016, September). Subject: Acceptance-based behavioral intervention aids weight loss in adults with obesity. [Link](#)
28. *U.S. News & World Report* (2016, September). Subject: Acceptance-based behavioral therapy for weight loss. [Link](#)
29. *CBS News* (2016, September). Subject: Acceptance-based behavioral therapy for weight loss. [Link](#)
30. *KTVN 2* (2016, September). Subject: Development of a brain training game for weight loss. [Link](#)
31. *CBS 3 Philly* (2016, September). Subject: Development of a brain training game for weight loss. [Link](#)
32. *Philadelphia Inquirer* (2016, September). Subject: Development of a smartphone app for weight loss. [Link](#)
33. *U.S. News & World Report* (2016, August). Subject: Psychology of weight loss. [Link](#)
34. *Wired UK* (2016, July). Development of brain training game for weight loss. [Link](#)
35. *NBC 10 @ Issue television show* (2016, May). Subject: Science of weight loss.
36. *The Daily Mail* (2013, October). Subject: Development of smartphone app for Binge Eating. [Link](#).
37. *The Independent* (2013, October). Subject: Development of smartphone app for Binge Eating. [Link](#)
38. *The Huffington Post UK* (2012, December). Subject: The Psychology of Desire Reveals How to Achieve Any New Year's Resolution.
39. "The Early Show", *CBS Television* (January 4, 2011). Subject: Self-help Mobile Applications or "Apps"
40. *Family Circle* (2009, October). Subject: Food cravings.
41. *Good Housekeeping* (2009, June). Subject; Food cravings.
42. *Body + Soul* (2009, May). Subject: Food cravings.
43. *The Triangle* (January 16, 2009). Subject: Gossip.
44. *MSNBC* (May 23, 2008). Subject: Food cravings.
45. *Self* (2008, June). Subject: Food cravings.
46. *Women's Health* (2007, December). Subject: Food cravings.
47. *The Triangle* (October 7, 2005). Subject: Depression

Issued Patents and Other Intellectual Property: (if applicable, list chronologically)

Forman, E.M., Butryn, M.L. Juarascio, A.S., Manasse, S.M., Goldstein, S.P. et al. "System and Method for Managing Binge Eating Disorders," U.S. Patent Application 2014/049772, August 5, 2014.

Companies Started or Other Commercialization of Research / Inventions

TheraClosure, Co-Founder. (Provides Professional Wills and Executor Services to Mental Health Clinicians)

iTakeControl, Daylan Digital. (Mobile app providing evidence-based cognitive-behavior self-help therapy for binge eating.)

Grant / Funding activities

1. R01DK128524 Forman (PI) 2021-2027
Engaging men in weight loss with a game-based mHealth and neurotraining program
This project evaluates engagement in and efficacy of a novel, game-based mobile weight loss program designed to be appealing to men. The program is designed to be especially effective and engaging because it features both gamification features known to enhance enjoyment and motivation and facilitate desired behaviors and neurotraining in basic brain capacities needed to resist impulses to eat tempting foods.
Names of Co-Investigators: Stephanie Manasse, Meghan Butryn, Charlotte Hagerman
Funding agency: National Institute of Diabetes and Digestive and Kidney Diseases
Total Costs: \$2,963,707
2. R01MH129478 Juarascio (PI) 2022-2027
Optimizing digital health technologies to improve therapeutic skill use and acquisition
This study will use a Multiphasic Optimization Strategy (MOST) approach to test the effects of micro-intervention complexity and the addition of a skill utilization approach as an augmentation to outpatient CBT for binge eating.
Names of Co-Investigators: Adrienne Juarascio, Stephanie Manasse, Fengqing Zhang
Funding agency: National Institute of Mental Health
Total Costs: \$2,963,707
3. R34MH130480 Hagerman (PI) 2022-2024
Using factorial design to examine efficacies of technology-based augmentations for improving treatment adherence and skills utilization in a self-help CBT program for binge eating
This study will use a factorial design to identify the independent and combined synergistic efficacies of two intervention factors (i.e., Advanced Digital Data Sharing with Coaches and Just-in-time, adaptive interventions) hypothesized to 1) improve treatment adherence and skills utilization, and 2) enhance treatment outcomes when combined with a self-help CBT program without clinician involvement treatment of binge eating.
Funding agency: National Institute of Mental Health
Total Costs: \$682,000

4. R01DK129300 Butryn (PI) 2021-2025
Sharing Digital Self-Monitoring Data with Others to Enhance Long-Term Weight Loss: A Randomized Trial using a Factorial Design
This study tests if sharing digital data (i.e., body weight from wireless scale, physical activity from wearable sensor, and dietary intake from smartphone app) with coaches, program peers, or friends/family improves long-term weight loss.
Funding agency: National Institute of Diabetes and Digestive and Kidney Diseases
Role: Co-Investigator
Total Costs: \$2,376,811
5. R01MH122392 Juarascio (PI) 2020-2024
Optimizing Mindfulness and Acceptance-Based Treatments for Bulimia Nervosa and Binge Eating Disorder using a Factorial Design
This is a four-year grant designed to test the independent and synergistic efficacy of commonly used treatment components in mindfulness and acceptance based treatments for eating disorders.
Funding agency: National Institute of Mental Health
Role: Co-I
Other Co-Is: Stephanie Manasse, Paakhi Srivastava
Total Costs: \$2,794,379
6. Unnumbered LaFata (PI) 2023-2024
Development of a Just-in-Time Intervention to Reduce Ultra-Processed Food Intake
This study will develop and evaluate a just-in-time intervention designed to reduce ultra-processed food intake among those with overweight or obesity.
Funding agency: Pennsylvania Department of Health: Commonwealth Universal Research Enhancement Program (CURE)
Role: Co-Investigator
Other Co-Is: Jennifer Nassar
Total Costs: \$78,750
7. Unnumbered Srivastava (PI) 2023-2024
Improving Weight Loss for Comorbid Type 2 Diabetes and Binge Eating This study will develop and evaluate a novel binge eating intervention for individuals who have comorbid Type 2 Diabetes and Binge Eating Disorder.
Funding agency: Pennsylvania Department of Health: Commonwealth Universal Research Enhancement Program (CURE)
Role: Co-Investigator
Other Co-Is: Adrienne Juarascio, Deeptha Sukumar, Longjian Lui, Zoe Zhang
Total Costs: \$78,750
8. R01DK125641 Forman (PI) 2021-2024
Using Artificial Intelligence to Optimize Delivery of Weight Loss Treatment
This project aims to evaluate an AI-powered behavioral weight loss system designed to provide the optimal combination of individual meetings, group meetings, texts and automated messages for each individual participant, over time.
Funding agency: National Institute of Diabetes and Digestive and Kidney Diseases
Co-Is: Meghan Butryn, Adrienne Juarascio, Fengqing Zhang, Santos Ontanon, Mick Tilford, Erica Schulte, Charlotte Hagerman
Total Costs: \$2,971,225

9. R01DK119658 Forman (PI) 2019-2024
Mindfulness and acceptance-based interventions for obesity: Using a factorial design to identify the most effective components
This study is part of a Multiphasic Optimization Strategy (MOST) and is designed to evaluate the independent and interacting effects of mindfulness- and acceptance-based treatment components for obesity.
Funding agency: National Institute for Diabetes and Digestive and Kidney Diseases
Role: PI
Co-Is: Meghan Butryn, Adrienne Juarascio, Stephanie Manasse, Donna Coffman, Erica Schulte, Charlotte Hagerman
Total Costs: \$3,646,355
10. R01DK124114 Bricker (PI); Forman (Drexel PI) 2020-2024
Telephone Delivered Acceptance and Commitment Therapy for Weight Loss
The goal of this project is to evaluate the efficacy of an acceptance and commitment therapy-based weight loss treatment delivered by phone
Funding agency: National Institute for Diabetes and Digestive and Kidney Diseases
Total Costs: \$3,743,386
11. R21CA252933 Butryn (PI) 2020-2022
Optimizing an mHealth Intervention to Change Food Purchasing Behaviors for Cancer Prevention
This study will use a factorial design to test the effect of four different mHealth intervention components on grocery store purchases among adults who have low adherence to cancer prevention dietary recommendations.
Funding agency: National Institutes of Health
Role: Co-I
Other Co-Is: Zoe Zhang
Total Costs: \$402,404
12. R34MH118353 Manasse (PI) 2019-2022
Augmenting Cognitive Behavioral Therapy With Inhibitory Control Training
This project aims to evaluate whether an adjunctive inhibitory control training augments the effect of cognitive behavioral therapy for binge eating
Funding agency: National Institute of Mental Health
Role: Co-I
Other Co-Is: Adrienne Juarascio, Fengqing Zhang
Total Costs: \$704,250
13. R01DK117072 Juarascio (PI) 2018-2023
Improving Weight Loss Outcomes for Binge Eating Disorder (The Balancing ACT Project)
This study seeks to utilize an acceptance-based behavioral weight loss intervention that specifically targets maintenance factors relevant to binge eating disorder to improve weight loss outcomes.
Funding agency: National Institute for Diabetes and Digestive and Kidney Diseases
Role: Co-I
Other Co-Is: Stephanie Manasse, Carlos Grilo, Zoe Zhang, Stella Volpe
Total Costs: \$2,243,994
14. NSF IIS-1816470 Zhu (PI) 2018-2022
Balancing Individual and Group Needs in an Adaptive Social Motion-Based Game for Health (MGH)

This project will create new algorithmic methods of providing game-based feedback to individuals and groups as a method of motivating physical activity.

Funding agency: National Science Foundation

Role: Co-I

Other Co-Is: Santiago Ontanon

Total Costs: \$499,989

15. R43MH121205 Juarascio (PI) 2019-2021
Using Continuous Glucose monitoring to detect and intervene on maintenance factors for transdiagnostic binge eating pathology
This project aims to develop and test a just-in-time adaptive intervention (SenseSupport) that uses continuous glucose monitoring to passively detect disordered eating behaviors.
Funding agency: National Institute of Mental Health
Role: Co-I
Other Co-Is: Stephanie Manasse
Small business: PromptWorks
Total Costs: \$900,000; \$404,302.00 Drexel
16. Unnumbered Manasse (PI) 2019-2021
Using Virtual Reality and Serious Gaming to Enhance Inhibitory Control and Reduce Binge Eating (TCVR)
This project aims to enhance and test a virtual reality based inhibitory control training for binge eating.
Funding agency: Drexel-Coulter Partnership
Role: Co-Investigator
Other Co-Is: Adrienne Juarascio, Jichen Zhu
Total Costs: \$300,000
17. R34MH116021 Juarascio (PI) 2018-2021
Using Ecological Momentary Interventions to Increase Skill Acquisition and Utilization
This is a three year grant designed to develop and test the ability of an adjunctive mobile app to improve skill acquisition and utilization when paired with cognitive behavioral therapy for bulimia nervosa.
Funding agency: NIMH
Role: Co-I
Other Co-Is: Stephanie Manasse
Total Costs: \$250,000
18. Unnumbered Manasse (PI) 2018-2020
Virtual Reality Inhibitory Control Training for Reducing Binge Eating
This project aims to develop and evaluate preliminary efficacy of a virtual reality inhibitory control training for reducing binge eating.
Funding agency: Pennsylvania Department of Health: Commonwealth Universal Research Enhancement Program (CURE)
Role: Co-Investigator
Other Co-Is: Adrienne Juarascio, Jichen Zhu
Total Costs: \$78,750
19. R21DK112741 Butryn (PI) 2017-2021
Improving Weight Loss Maintenance by Using Digital Data Sharing to Provide Responsive Support and Accountability

This study is designed to evaluate the feasibility, acceptability, and preliminary efficacy of a system for enhancing supportive accountability during remote behavioral weight loss treatment. Specifically, this study will evaluate if weight loss maintenance can be improved when clinical staff can access and remotely respond to data that are collected from participants' digital self-monitoring devices (i.e., wireless body weight scales, physical activity sensors, and food record apps).

Funding agency: National Institute for Diabetes and Digestive and Kidney Diseases

Role: Co-I

Other Co-Is: Zoe Zhang

Total Costs: \$424,725

20. Unnumbered Forman (PI) 2017-2018

bTECH - Behavioral Technology to Enhance Changes in Health

One of the main goals of this project was to develop and evaluate a just-in-time adaptive intervention for preventing dietary lapses.

Funding agency: Drexel University DARE (Drexel Areas of Research Excellence) Initiative

Role: PI

Co-Is: Butryn, Juarascio, Zhang, Abichandani, Hong, Zhu, Wagner, Ontanon, Kurzweg, Dion, Sacco

Total Costs: \$75,000

21. Unnumbered Juarascio (PI) 2016-2018

Using Wearable Sensors to Detect Affect Reactivity and Predict Maladaptive Eating Behaviors

This project will develop a machine learning algorithm that predicts emotional distress (and subsequent engagement in binge eating behavior) using wearable sensor data (e.g., heart rate, respiration, skin conductance, and body temperature) and will assess the accuracy of our algorithm in predicting emotional distress and binge eating behavior in 30 patients with binge eating disorder.

Funding agency: Drexel University Clinical and Translational Research Initiative

Role: Co-I

Other Co-Is: Timothy Kurzweg

Total Costs: \$50,000

22. Unnumbered Yongstrom (PI) 2016-2017

Increasing Global Access to Evidence-Based Assessment

This project aimed to improve web-based informational systems that disseminated evidence-based assessment methods

Funding agency: American Psychological Association

Role: Co-I

Other Co-Is: Amanda Jensen-Doss, Rinad Beidas, Damion Grasso

Total Costs: \$5,000

23. R21CA191859 Forman (PI) 2015-2018

Reducing Cancer Risk by Training Response Inhibition to Obesogenic Foods

This project developed a gamified and non-gamified daily inhibitory control training designed to reduce consumption of sweet foods, and evaluated their ability to produce weight loss among overweight individuals who regularly consume sweets.

Funding agency: National Cancer Institute

Role: PI

Co-Is: Meghan Butryn, Adrienne Juarascio

Total Costs: \$424,875

24. F31 MH108279 Manasse (PI) 2015-2017
Novel assessment of affective distress intolerance in binge eating
This project focused on the validation of a behavioral measure of affective distress intolerance and use of novel assessment methods (e.g., ecological momentary assessment; EMA) to examine the moderating role of distress tolerance in the maintenance of binge eating.
Funding agency: National Institute of Mental Health
Role: Sponsor
Total Costs: \$86,340
25. Unnumbered Juarascio (PI) 2015-2018
Outside the Therapy Office: Enhancing Integrative-Cognitive Affective Therapy with Ecological Momentary Interventions to Improve Treatment for Bulimia Nervosa
The goal of this study is to develop and evaluate the feasibility, acceptability, and preliminary efficacy of a smartphone app for bulimia nervosa that provides in-the-moment access to psychological interventions.
Funding agency: National Eating Disorder Association
Role: Co-I
Other Co-Is: Stephen Wonderlich, Carolyn Pearson, Ross Crosby, Scott Engel, Jason Lavendar
Total Costs: \$100,000
26. Unnumbered Forman (PI) 2015-2016
A Smartphone App-based System to Anticipate and Prevent Lapses in Those Attempting to Follow a Weight Loss Diet
The aim of this project was to develop a smartphone-app based system for predicting and preventing dietary lapses.
Funding agency: Drexel Ventures Innovation Fund
Role: PI
Co-Is: Pramod Abichandani, Meghan Butryn, Zoe Zhang, Adrienne Juarascio, Jichen Zhu
Total Costs: \$75,000
27. Unnumbered Forman (PI) 2014-2016
A Companion Smartphone App to Enhance Dietary Adherence through Predictive Machine Learning
This project developed a machine learning-powered system able to predict dietary lapses among those following a weight control dietary regimen.
Funding agency: The Obesity Society (Weight Watchers Karen Miller-Kovach Research Grant)
Role: PI
Co-Is: Pramod Abichandani, Meghan Butryn, Zoe Zhang, Adrienne Jurasico, Jichen Zhu
Total Costs: \$60,000
28. R01DK100345 Butryn (PI) 2014–2021
An Innovative, Physical Activity-Focused Approach to Weight Loss Maintenance
The goal of this study is to determine if weight loss maintenance and/or amount of physical activity sustained long-term differs according to the emphasis of treatment on physical activity vs. diet and the type of behavioral skills (traditional vs. acceptance-based) that are taught in weight loss groups.

Funding agency: National Institutes of Health
Role: Co-I
Other Co-Is: Stella Volpe, Eugene Hong
Total Costs: \$2,709,126

29. R01CA188892 Sherwood (PI) 2014-2019
Evaluating Options for Non-Responders: A SMART Approach to Enhancing Weight Loss
This project evaluated whether switching behavioral weight loss non-responders to either meal replacements or acceptance-based treatment improves outcomes.
Funding agency: National Institute for Diabetes and Digestive and Kidney Diseases
Role: Co-I
Other Co-Is: Meghan Butryn, Rona Levy, Robert Jeffery, Daniel Almirall
Total Costs: \$2,701,052 [Subcontract: \$334,490]
30. Unnumbered Forman (PI) 2013-2014
TakeControl: A Smartphone App for Binge Eating Disorder
This project developed and evaluated a smartphone app-based self-treatment program for binge eating.
Funding agency: Shire Pharmaceuticals Innovation Partnership
Role: PI
Co-Is: Meghan Butryn, Adrienne Juarascio, Stephanie Manasse, Gaurav Naik
Total Costs: \$250,000
31. R01DK095069 Forman (PI) 2012-2019
Acceptance-based Behavioral Treatment for Obesity: Maintenance and Mechanisms
This project compared the efficacy of gold standard behavioral weight loss and acceptance-based behavioral weight loss treatment, at 12, 24, and 26 months.
Funding agency: National Institute for Diabetes and Digestive and Kidney Diseases
Role: PI
Co-Is: Meghan Butryn, Graham Thomas, Ross Crosby
Total Costs: \$2,812,483
32. R01DK092374 Butryn (PI) 2011-2016
Environmental and Acceptance-Based Innovations for Weight Loss Maintenance
The goal of this project was to evaluate the efficacy of environmental and acceptance-based enhancements to gold standard behavioral weight loss treatment.
Funding agency: National Institute for Diabetes and Digestive and Kidney Diseases
Role: Co-I
Other Co-Is: Michael Lowe, Amy Gorin
Total Costs: \$2,446,712
33. Unnumbered Forman (PI) 2011-2013
The Neurocognition of Eating Behavior
This project evaluated the efficacy of inhibitory control training for reducing salty snack consumption.
Funding agency: Stein Family Foundation
Role: PI
Co-Is: Meghan Butryn, Nachshon Meiran, Avishai Henik
Total Costs: \$17,000

34. Unnumbered Glassman (PI) 2010-2011
A Novel Strategy to Enhance Public Speaking Performance: A Test of Preliminary Effectiveness and Associations with Near Infrared Spectroscopy Measurements of Specific Brain Regions
This project examined the behavioral and neurobiological effects of an acceptance-based behavioral treatment for public speaking anxiety.
Funding agency: Human Cognitive Enhancement Program, Drexel University
Role: Co-I
Other Co-Is: James Herbert, Meltem Izzetoglu
Total Costs: \$7,500
35. R21DK080430 Forman (PI) 2009-2012
Acceptance-Based Behavior Treatment: An Innovative Weight Control Intervention.
This project evaluated the efficacy of a novel, acceptance-based behavioral weight treatment
Funding agency: National Institute for Diabetes and Digestive and Kidney Diseases
Role: PI
Co-Is: Meghan Butryn, Michael Lowe, James Herbert
Total Costs: \$413,575
36. Unnumbered Forman (PI) 2007-2008
An Open Trial of an Acceptance-Based Behavior Treatment for Weight Control
This project was a pilot trial of a novel, acceptance-based behavioral weight loss treatment.
Funding agency: College of Arts and Sciences, Drexel University
Role: PI
Co-Is: Meghan Butryn, Michael Lowe, James Herbert
Total Costs: \$10,000
37. Unnumbered Platek (PI) 2004-2006
Neural Correlates Of Emotional and Interpersonal Processes in Borderline Personality Disorder
The goal of this project was to examine neural correlates of borderline personality disorder during ecologically valid social tasks.
Funding agency: Personality Disorder Research Foundation
Role: Co-I
Other Co-Is: Anthony Ruocco
Total Costs: \$5,000